

# Talking Points Guide

## Episode 37: Why Are We Comfortable Being So Uncomfortable?

Love makes us feel good. Fear makes us uncomfortable. So to live in love we must overcome our fear.

Describe how love feels.

Describe how fear feels.

List three things you fear.

Describe how life will be different when you face these fears head-on.

Describe why you are afraid to face what you fear.

Describe what “God helps those who help themselves” means to you.