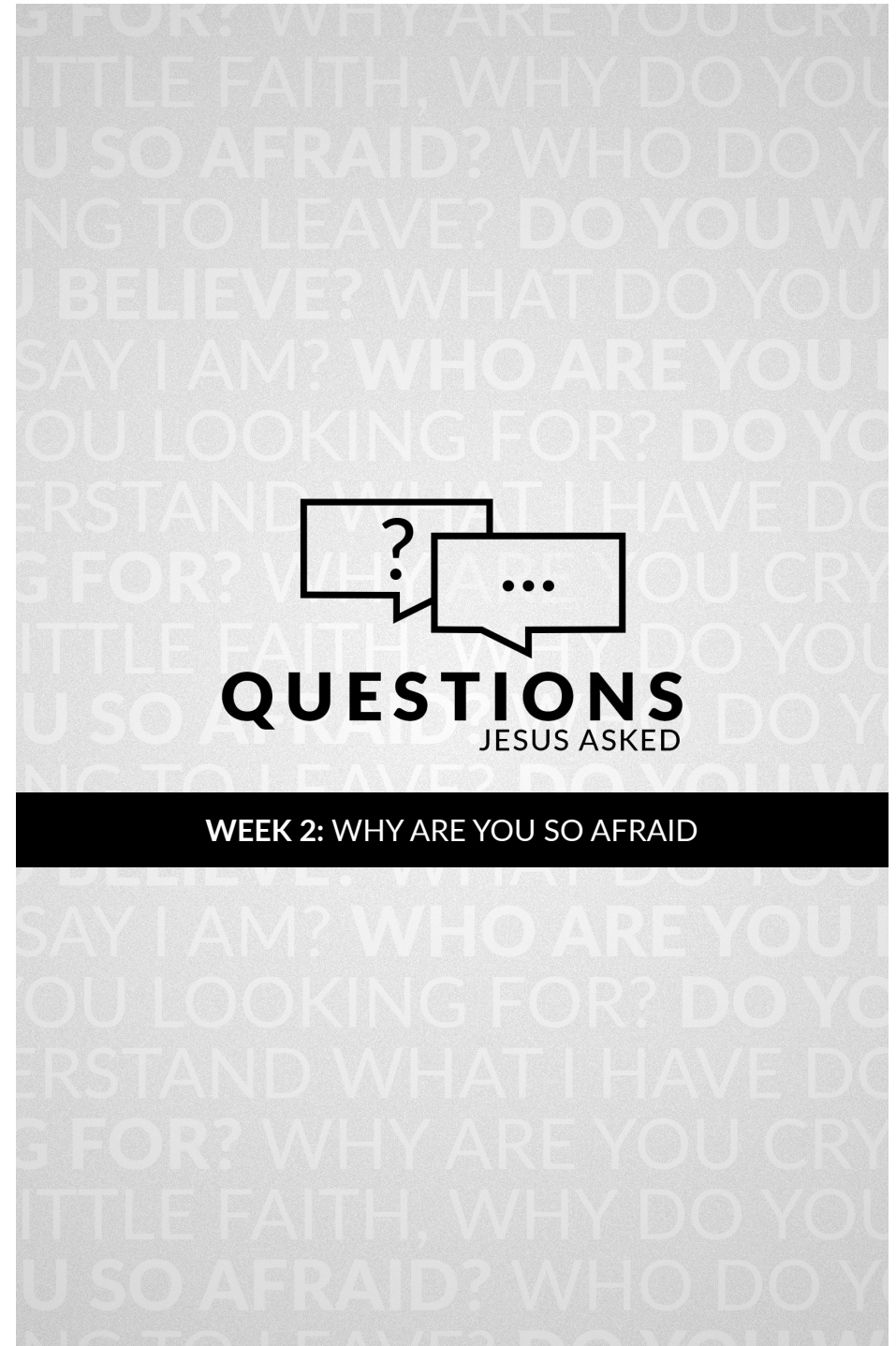


NOTES & QUOTES



The graphic features a repeating pattern of text in a light gray font: "G FOR? WHY ARE YOU CRY", "LITTLE FAITH, WHY DO YOU", "U SO AFRAID? WHO DO Y", "NG TO LEAVE? DO YOU W", "U BELIEVE? WHAT DO YOU", "SAY I AM? WHO ARE YOU", "OU LOOKING FOR? DO YO", "ERSTAND WHAT I HAVE DO", "G FOR? WHY ARE YOU CRY", "LITTLE FAITH, WHY DO YOU", "U SO AFRAID? WHO DO Y", "NG TO LEAVE? DO YOU W".

Centered in the graphic are two speech bubbles. The left bubble contains a question mark, and the right bubble contains three dots.

QUESTIONS
JESUS ASKED

WEEK 2: WHY ARE YOU SO AFRAID

CONNECT (BUILD RELATIONSHIPS)

1. What would you say is your greatest fear and how does it impact your life?
2. Have you ever successfully overcome a fear? How do you feel you were able to gain victory over it?
3. In what ways can fear prevent us from experiencing the life God wants for us?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Matthew 14:22-32. What fearful emotions do you think the disciples experienced and how might their experience in the boat relate to our experience with Jesus?
5. What things do you tend to reach for when you are afraid rather than the hand of Jesus? Be honest!
6. Read Mark 4:35-41. If Jesus were to ask you the question, He asks in vs. 40, "Why are you so afraid?" concerning a fear you are struggling with, how would you answer Him?

7. Read Psalm 23:4, Psalm 27:1, Isaiah 43:1-4 and Hebrews 13:5-6. Discuss any similarities you see in these verses.
8. Read Matthew 6:25-34. Jesus gives His disciples 5 questions to ask themselves that will help ease fear. What are the questions and how might they help alleviate fears?

COMMIT (BE ON MISSION)

9. Knowing God and knowing His Word, allows us to face our fears with faith. Why? How can you do this in practical ways in those moments when fear strikes?
10. What are some tangible ways we can release our fears to God and trust Him with our future?
11. What step do you need to take this week to deal with your fears? How can others or even your small group help you in this journey?

PAUSE, PONDER & PRAY

"But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."
Isaiah 43:1-2