

INTRO

What is something you were afraid of as a child that seems funny or harmless to you now?

Fear is a normal part of being human. Healthy fear can protect us from genuine danger, but fear can also begin to control our lives, shaping our decisions, limiting what we are willing to do, and even affecting the way we relate to God.

In Mark 4, the disciples find themselves in a very real storm. Jesus does not pretend the storm isn't dangerous. Instead, He asks them a penetrating question: **"Why are you so afraid?"**

This week we will explore our own fears and consider how greater trust in who Jesus is can loosen fear's grip on our lives.

READ

- Mark 4:35–41
- Psalm 139:23
- Isaiah 41:10
- Psalm 56:3

REFLECT

Qu: There is a difference between healthy fear that warns us of danger and unhealthy fear that begins to control our lives. Where have you seen that difference in your own life?

"Search me, God, and know my heart; test me and know my anxious thoughts." Psalm 139:23

- What am I actually afraid of?
- Where did I learn to be afraid of this?
- Is the danger I am feeling the danger I am actually facing?

Qu: Is there a particular fear in your life that one of these questions helps you understand more clearly?

Avoidance can reinforce fear. Sometimes overcoming fear requires us to do the thing fear is telling us not to do.

Qu: Is there something you have been avoiding because of fear?

RESPOND

This week, identify one fear that has been limiting or controlling you. Then practice the three responses we discussed on Sunday:

Understand your fear.

Name it honestly before God. Ask yourself what you are really afraid of and whether the danger you feel is the danger you are actually facing.

Renew your mind with truth.

Choose a Scripture that speaks directly to your fear. Read it, pray it, memorize it, and intentionally remind yourself of what is true when fear arises.

Step out in faith.

Identify one practical step of faith or obedience that fear has been keeping you from taking—and take that step this week.

PRAY

If appropriate, invite each person to briefly name an area where fear has been controlling or limiting them.

Pray for:

- Freedom from fears that have become controlling.
- Greater confidence in God's presence and character.
- Courage to replace fearful thoughts with God's truth.
- Faith to take practical steps of obedience rather than allowing fear to determine our decisions.