



Session Five: Fear

INTRODUCTION

All of us walk through life with occasional fear. And it's not always a bad thing. Fear is a byproduct of our ability to think about what might happen in the future, and it can protect us from harm. However, living with too much fear can cause us to be self-absorbed, distracted, and overly protective. But the good news is this: You don't have to be afraid even when there's something to be afraid of.

DISCUSSION QUESTIONS

1. On a scale from 1 to 10, how fearful are you?
2. When fear comes your way, what is your go-to coping mechanism?
3. **Read Matthew 8:23–27**, then the same account in **Mark 4:35–41**.
 - What stands out to you?
 - What details does Matthew point out that Mark doesn't and vice versa?
 - If you could summarize the point of this story in one sentence, what do you think the authors are trying to get across?
4. **Read Matthew 10:28–31**. What are some things people fear that can “kill the body but cannot kill the soul”?
5. What is your biggest fear about the future?
6. What would it look like or sound like for you to take Peter's advice and “cast all your cares on Jesus”?

Moving Forward

*So I throw all my cares before You
My doubts and fears don't scare You
You're bigger than I thought You were You're bigger than I thought
So I stop all negotiations
With the God of all creation
You're bigger than I thought You were*

From "Bigger Than I Thought You Were"
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