

Trading Fear for Faith

3/22/20

35 That day when evening came, he said to his disciples, "Let us go over to the other side.

37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" Mark 4:35, 37-40

Reactions to Fear:

1. We believe the _____ possible outcome to be the most _____ outcome. (Mk 4:38)

2. We _____ God's _____. (Mk 4:37-38)

3. We develop spiritual _____. (Mk 4:38-40)

Jesus reacts by equating the disciples _____ with a deficit in their _____. (Mk 4:40)

Application:

1. _____ it.

2. Ask about _____.

3. _____.

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Reflection Questions:

1. Where are you most likely to experience healthy fear in your life?

2. Are there ways in which you're experiencing unhealthy fear right now? If so, what are they?

The disciples woke him and said to him, "Teacher, don't you care if we drown?"

3. What are some of the "worst possible outcomes" that are rattling around in your brain right now?

4. Are there any ways that you are inclined to question God or his character in the midst of all of this? If so, how?

5. What are some ways that God has come through for you in the past in the midst of storms?

6. Do you have the expectation that if Jesus is in the boat there won't be any storms?

He said to his disciples, "Why are you so afraid? Do you still have no faith?"

7. What are your thoughts about the idea that Jesus is equating fear with a deficit in faith?

8. Are there good things about God that you are struggling to believe right now? If so, what are they?

9. Of the 4 prayers mentioned in the message, which one(s) do you need to pray most right now?