
BIBLE TALK - FEAR NOT

Introduction

For an ice-breaker, distribute a sheet of paper and a writing utensil to each person. Instruct them to anonymously write a fear or worry that they have. Tell them to be as specific and as honest as possible, but not in such a way that they could be easily identified. After everyone is done writing a fear/worry (including the group leaders), collect each sheet into a large hat or bowl. Shuffle the sheets and pass out one per person. Take turns reading one fear aloud, and each reader should attempt to explain what the person who wrote the fear means. Do not allow any sort of comments on what the reader said. Simply listen and go on to the next reader.

Isaiah 41:10

Q: Do you tend to take risks or avoid them? How has that tendency influenced the direction of your life?

Q: Have you ever known someone who missed out on opportunities because of fear? If so, what did you learn from observing that person?

Q: Talk about a time when you were paralyzed by fear. What happened?

Matthew 14:22–31

Q: Do you think that is possible to walk on water? if so, how?

Q: In this passage, how does the disciples' experience (especially Peter's) illustrate our own experience with fears, even as believers?

Q: Talk about a time when you or someone you know pushed past fear and took a bold step to follow Jesus. How did that event affect your faith?

Q: Why is it hard to be brave when people around you are afraid?

Q: If Jesus were to tell you face to face to not be afraid, would you be willing to confront your fears? Why?

Application

Matthew 10:29–31 Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

What do you fear? Be specific, and then remind yourself to fear not—not because there's nothing to fear but because Jesus is here. Even when there's something to be afraid of, you can overcome fear. Face your fears this week.
