



October 29<sup>th</sup>, 2017 Discussion Guide

### Questions Jesus Asked: "Why Are You Afraid?"

Mark 4:35-41

#### Introduction

*A common encouragement that we see throughout the historical record of the Bible is that followers of God should not be fearful people. "Fear not!" or some derivative of that phrase is found well over 100 times throughout the scriptures. Jesus himself had to routinely tell his 12 men to quit being nervous about so many things – that as long as they were with him they had nothing to fear. Just in time for Halloween – fear not!*

#### Discussion Questions

1. Various lists of phobias found on the internet describe those things or circumstances that people fear most. What is the number one fear on your list of scary things? What frightens you the most? Come on, there must be something.
2. What is your reaction to fear and to the things that frighten you? Do you tend to expose yourself to your fears in order to overcome them, or do you avoid those things that make you overly anxious?
3. Read Mark 4:35-41. Jesus and his disciples are in a boat on the Sea of Galilee when a huge storm descends. The men are terrified by the storm, thinking they will drown. They are even more disturbed when Jesus displays his control over wind and waves.
  - Can you remember a time when you were caught out in a bad storm, in a boat on the water or otherwise?
  - If not a literal thunder and lightning storm, what is a stormy time in life that you have experienced? Did it frighten you? How much did you call on Jesus to help you during this time? Did you have a sense that he did help? Did having Jesus in your life reduce the fear factor – did you have the understanding that as long as Jesus was with you everything would be okay? Or did you feel like you had to deal with your fears all alone, that Jesus was somehow asleep in the back of your boat?

4. Read Luke 24:36-43. This event takes place on the third day after Jesus was publicly executed in Jerusalem. The disciples of Jesus were totally thrown off because of his death, and they figured that the authorities would be coming for them next. It seems a logical cause for concern. After a reported sighting of Jesus, he actually appears in the room with them.

- Try to put yourself in this scene as one of the followers of Jesus. How difficult would it have been for you to expect or believe that Jesus would be found alive after you watched him die?
- How does the literal resurrection of Jesus from the dead help to allay fear in your life? Or does it?

5. Fear of death is a basic concern of most people. Read I Corinthians 15:55-58. The assurance of life after death gave Paul a fearlessness in the way he lived. Do you feel as feisty as Paul as you face-down fear in your life? What major concerns are you dealing with right now? Can you imagine Jesus saying, “Why are you so frightened? With me in your life you have nothing to fear.” Pray with each other about the concerns you have shared.

**Moving Forward:**

*The LORD is my light and my salvation.*

*Should I fear anyone?*

*The LORD is a fortress protecting my life.*

*Should I be frightened of anything?*

*-Psalm 27-*