

Fear or Faith

Reflect

1. What causes you to fear?
2. How do you usually handle your fear?
3. When have you allowed fear to hold you back in a situation, a decision, or a relationship?
4. When have you had to confront your fear to move forward with a relationship, plan, or project?

Read Your Bible

- Numbers 14:1-24
- Mark 4:35-40

Apply God's Word to Your Life

1. Read Numbers 14. What was Israel afraid of?
2. How had the fear of the Israelites hindered them? What did they miss out on?
3. Read Mark 4:35-40. What were the disciples afraid of?
4. Why do you think Jesus questioned the disciples fear in v. 40?
5. Think of how you answered the questions in the reflect section--about what causes you fear. Now knowing that Jesus has the power to calm any storm and banish all fear, imagine Jesus saying to you about what causes you fear, "Why are you so afraid?" How would you respond to Him?
6. Jesus is present with us in the midst of our life's "storms." What difference do you believe Jesus' power and presence can make in the midst of *your* storm?

We all have fears. Experiencing fear is a natural part of what it means to be human. Fears can take the shape of phobias, chronic anxieties, disappointment, a failing relationship, lack of control, or even a medical diagnosis. While experiencing fear is not something we can control, what we do in the face of fear is. When we continually give into the power of fear, it can lead us to unhealthy places where we get stuck and can even miss out on some amazing life experiences and opportunities. God's Word teaches us that we have another choice when we face fear – we can choose faith! Choosing faith when fear strikes doesn't mean it won't be hard, but it does mean we won't fight our fear alone. When we choose to lean into faith in Jesus when fear strikes, Jesus, who fights with us, has the power to conquer our fear. When we choose to lean into faith, we don't have to waste our energy on unnecessary fear anymore. Instead we can experience peace even when life gets hard and when fear wants to take over, because we know Jesus is with us and we have placed our faith in Him, the one who has the power to banish all fear.

Pray

Lord, You know what I fear and those fears that I have given into, over, and over again. Remind me that You are greater than anything I fear and will face in this world. Remind me that Your presence and promises to me are real and will never fail. Remind me that because of who You are and what You have done for me that I ultimately have nothing to fear. Help me daily to hand over my fears to You so I don't have to battle these fears alone. I desire to be free from my fears, so I can be free to live fully for You. It's in Your name that I pray. Amen.