

Life Group Questions w/b Sunday 7 March 2021

3rd Sunday in Lent: Facing Fear

Introduction

- Can you think of some times in your life when you were suddenly in the midst of a crisis that you couldn't control? How did it feel?
- Do you remember calling out to God for help in that situation?
- Did it make any difference?
- How far did you think your prayers were answered?
- What sort of faith issues are raised by such situations?

Storms on the Lake of Galilee are unpredictable and dangerous; even for experienced fishermen. There are therefore similarities between the disciples' experience and ours.

Read: Matthew 8:23-27

- Fear is a powerful emotion. What triggers fear in you?
- In what ways does the disciples' fear resonate with your experience, especially during the Covid Pandemic?
- Look at verse 24. In times like these, do you think that Jesus is in the boat with us? Or does it feel like he's a long way off? Do we feel the need to wake him up as they did? (8:25)
- Look at verse 26. Do you think that Jesus was rather harsh on his followers? What do you think his attitude is to us today when we are fearful?
- How can we reassure ourselves that God cares?
- What sort of power did Jesus have in the situation? (8:26-27) Do you think he still exercises that sort of power today?
- How might we reassure ourselves of God's power? How can this help us to fear less?
- Sometimes we are more fearful for our loved ones than we are for ourselves. How can this passage help us at times like these? (See also John 14:1-4 and John 14:27)
- Have you been learning to trust God more in the past year? Has this been an extremely difficult and painful journey for you?

Prayer Focus Suggestion

Meditate on some (of the many) promises in the Bible to 'fear not'. Let each person in the group choose one that is particularly helpful to them. (Some people might already have a favourite that they find helpful that they would like to share) Commit to having your promise near you each day to give reassurance in times of trouble and worry.