

## Group Discussion Questions

### Sermon Series: 7 Questions That Jesus Asked "Why Are You Afraid"

**Sunday Mar 10, 2024 - Pastor Sawyer McKenzie**

In Matthew 8, Jesus and his disciples get into a boat and travel across the Sea of Galilee. While crossing, their boat was hit with a great windstorm. The waves began to sweep over the boat. The boat began to fill with water, teetering on the brink of being swamped, straining under the increasing pressure of the water. Meanwhile, Jesus was in the stern; sleeping on a cushion. The disciples woke him up and said, "Teacher, don't you care if we drown?" (Mark 4:38). Jesus replied, "You of little faith, why are you so afraid?"

#### GETTING TO KNOW YOU

1. Have you ever been caught in the middle of a severe storm?
2. What's something that never fails to bring a smile to your face or brighten your day?

#### SERMON NOTES REVIEW *(This section never changes)*

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you or confused you?

#### DIGGING DEEPER

1. "When the disciples fearfully approached Jesus, he didn't ask, 'What are you afraid of?' He asked, 'Why are you afraid?'" Why do you think Jesus used this specific wording?
2. By this time, Jesus had already performed at least 11 miracles that the disciples witnessed. Have you ever witnessed a miracle, yet still found yourself feeling fearful when confronted with challenging, painful, or heart-breaking events in your life?
3. Read Isaiah 55:8-9 together. How can you apply this scripture to guide you through moments of fear and uncertainty in your life?

#### TAKING IT HOME

In his book, "What Happy People Know," Dr. Dan Baker stated, "It is a fact of neurology that the brain cannot be in a state of appreciation and a state of fear at the same time. The two states may alternate, but are mutually exclusive." Scripture echoes this sentiment, urging us to "Give thanks in all circumstances" (1 Thessalonians 5:18). We have the opportunity to praise God in every circumstance and be filled with His peace amidst life's storms.

## **PRAYER TIME**

“Heavenly Father, we ask for Your help in overcoming fear and embracing gratitude in all circumstances. Grant us the courage to face each day with confidence, knowing that You are with us every step of the way. Help us to trust in Your plans, even when we cannot see the path ahead clearly. Open our eyes to the countless blessings that surround us each day, both big and small. Give us the wisdom to know that you can turn even the most difficult circumstances into something beautiful, for Your glory. We pray all these things in the name of Jesus. Amen.

## **ACTION STEPS**

This week, take intentional steps to create a gratitude list to reflect on whenever worry or anxiousness comes upon you. Dedicate time to nurturing a mindset of thankfulness that reflects the abundance of blessings in your life.