



THE WIN

The win for your group this week is to identify areas of fear and anxiety within the group and to practice fighting fear with the truth of Scripture.

10-15
minutes

WARM UP

SAY THIS: For this session, we're going to begin in prayer, both praising God and interceding for needs within the group.

LEADER TIP: After everyone has shared, spend time praying as a large group or split into smaller huddles depending on the comfort level of your group. Most people are more comfortable in smaller circles! Have one of your group members make a list of specific group needs and identify possible solutions to meet those needs.

ASK THESE:

- What are you thankful for this week?
- What are you stressed or fearful about this week? What do you think will help make things better?
- What are some needs that you have this week?
- How can we help each other with the needs that were expressed?

5-10
minutes

SERMON RECAP: WHAT DID THE TEXT MEAN? WHAT DOES IT MEAN?

Before moving on to this week's discussion, take a moment to ask how lives were impacted as a result of what your group learned last week. This helps create an environment of accountability.

ASK THIS:

- What did we discuss last week? Did anything change in your life as a result of what we learned?

READ THIS: In this week's sermon from Matthew 14:22-33, we saw Jesus's incredible power over nature, time, and circumstance. God is completely sovereign over every event in our lives and he knows us more deeply than anyone else. He draws close to us in our trials- therefore we should not fear!

Have someone re-read **Matthew 14:22-33**.

- How has the Holy Spirit spoken to you through this passage (either the sermon or reading)?

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- How would you summarize the message of this story?
 - Do you have any questions about the passage?

30-45
minutes

THE TEXT: WHAT DOES IT MEAN FOR ME?

After reviewing **Matthew 14:22-33**, ask the following questions:

- How are we like the people in the passage or story?
- When have you faced a similar challenge in trusting God to step out in faith?
- What is your greatest fear that following Jesus might present?
- How does the passage challenge or encourage you?

Now, do an activity to help your group work through a passage to help fight fear and unbelief.

Split into 3 huddles to do a 3-Column Bible Study on **Romans 8:28-39**. A 3-Column study is an effective way to help group members process Scripture on their own with an emphasis on obedience to what they learn.

- Group 1: 8:28-30
- Group 2: 8:31-34
- Group 3: 8:35-39

Have each person take a piece of paper (landscape format) and divide it into three sections:

1. Scripture
2. My Words
3. I Will

In the "Scripture" column, write out the passage word for word. This is a form of forced meditation for those of us who struggle with losing focus or skim familiar passages. Think about every word.

In the "My Words" column, write the passage in your own words. Write as if you were sharing it with a friend over a cup of coffee. Group members should discuss and help each other through this.

In the "I Will" column, write down things that you need to change in your life in order to obey this passage. If this passage is true, how does it change what you believe and how you live? Share your "I Will" with others in the huddle.

After each huddle is finished, come back together as a large group and have one member from each huddle present their 3-Column Study.

ASK THESE: If we were to obey what we wrote, how would it impact our group? How would it impact our community where God has called us?

DIGGING DEEPER

If you enjoyed the 3-Column Bible Study, complete another during this week on **Psalms 128:1-6** on your own.

For further reading on overcoming fear and anxiety:

When People are Big and God is Small, Ed Welch
You Can Change, Tim Chester
Overcoming Fear, Worry, and Anxiety, Elyse Fitzpatrick