



WARM UP

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

- 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?

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

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

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!

Re-read **Matthew 14:22-33**.

- How has the Holy Spirit spoken to you through this passage (either the sermon or reading)?
- How would you summarize the message of this story?
- Do you have any questions about the passage?

THE TEXT: WHAT DOES IT MEAN FOR ME?

After reading **Matthew 14:22-33**, consider 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 the following activity as a group to 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 learn to process Scripture on your own with an emphasis on obedience to what you're learning.

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

Each person should 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. Discuss with your huddle 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 your huddle present their 3-Column Study.

- 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