



extraORDINARY

A Sea of Fear Message 3

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► Outline

I prayed to the LORD, and He answered me. He freed me from all my fears.

Psalm 34:4 (NLT)

A. Introduction

(Matthew 14:22-27; Mark 4:35-37)

B. Fear embraces...

1. An _____ future.

(Mark 4:35-37. C/R: Philippians 4:7; Hebrews 6:19; James 4:14)

2. An _____ God.

(Mark 4:38,40-41. C/R: Psalm 119:76; Romans 8:15; 1 Peter 5:7)

C. Faith embraces...

1. An _____ trust.

(Matthew 14:28. C/R: Psalm 56:3-4; Proverbs 29:25; Hebrews 12:2; 13:6)

2. _____ outcomes and hope.

(Matthew 14:29-30; Mark 4:39. C/R: Isaiah 41:10-13; 43:2; 2 Timothy 1:7)

Answers: B.1. uncertain 2. uncaring C.1. undaunted 2. Unimaginable

Resource Information: Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.

► Discussion Guide

Use this guide by yourself or with friends to pursue a deeper relationship with Jesus. To connect with others, visit brookwoodchurch.org/adults.

Conversation Starter

Describe a time someone came through for you in a big way.

Begin your study with prayer

Pause for a few minutes to quiet your heart and mind. Then ask God for insight and direction as you study and reflect on this week's lesson.

Bible Study and Group Discussion

Read Mark 4:35-41.

1. The disciples were overwhelmed when the storm came crashing in. One writer says, *they became unhinged*. When was the last time you felt out of control?
2. Describe a time you were paralyzed by fear. How did you get through it? What was your relationship with God like during that experience?
3. The disciples had seen Jesus care for so many people (healing, feeding, etc.). So why do you think they still had no faith?
4. The disciples accused Jesus of not caring about their situation. Have you ever felt like God didn't care? What emotions were you wrestling with?
5. Describe a time you trusted God and felt calm inside. How can you feel that sense of peace again - in everyday life and during times of turmoil?
6. Rather than being relieved, the disciples were *absolutely terrified*. Why do you think that is? Does this surprise you?
7. Does trusting God mean you never experience fear or doubt? Explain your response.
8. What's the relationship between faith and hope?

9. How hopeful do you feel these days? Describe how you've been feeling and the impact your emotions have had on your relationships.

10. What's your internal response to this story of Jesus calming the storm? What is God teaching you about yourself?

11. Name specific ways you can respond the next time you experience fear.

Spiritual Practice

A spiritual practice is something we can do to help us live in and enjoy God's grace. We hope these practices will become a regular part of your life so that walking and talking with God is the most natural thing you do.

One of the ways you can strengthen your faith is by taking time to remember. How has God worked in your life? How have you seen God work in other people's lives? What are some of your favorite stories of God's intervention in the Bible? As you reflect, jot down stories that come to mind. Thank God for who He is and all He's done. Confess specific times you've doubted His character and timing. Ask God to deepen your trust.

Memory Verse

I prayed to the LORD, and He answered me. He freed me from all my fears.

Psalm 34:4 (NLT)

Daily Reading

Day 1: Philippians 4:4-9

Day 4: Psalm 56:3-4

Day 2: Hebrews 6:16-20

Day 5: Romans 8:15-17

Day 3: Psalm 119:73-80

Prepare for Next Sunday

Next Sunday, July 17, we'll continue our series titled *extraORDINARY*.

To prepare, read **Mark 9:14-29**.



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