

Free-be

Too good to be true?

3. Courageous

Introduction:

Fear is a part of life, we are all afraid some of the time. Most people are afraid of something that may cause pain and suffering. Most people are also afraid of what people think about them. Fear isn't necessarily bad, it can be helpful. However, fear becomes a problem when it starts to get in the way of us living our lives. Whilst it's not possible or practical to be fearless, with faith we can fear less.

Questions:

- What are you afraid of?
- Is fear good or bad? Think of examples when fear can be good and when it can be bad.
- Read Matthew 8:23-27
- Were the disciples justified to be afraid?
- Why does Jesus question their faith when they were afraid?
- During the message Chris said 'Faith and fear are opposite ends of a seesaw, as one increases the other decreases. Can you think of a time when either your faith or fear has increased and had an impact on the other?
- Read Matthew 14:28-31
- What are the main similarities and the main differences in these two accounts?
- How does fear get in the way of you living your life?
- How does fear get in the way of being a follower of Jesus?
- How do you think your faith can overcome your fear?

Moving Forward:

Courage is the absence of fear, its choosing to do what is right in the face of our fear.