



PART 2: Fear Not

INTRODUCTION

During his earthly ministry, Jesus announced a new covenant, unhitched from the Old Testament. He initiated that new covenant when he died and rose from the dead. Suddenly, commandments that had sounded extreme when he gave them to his followers weren't extreme at all.

Thou shalt not fear. We all want to keep that commandment, but too often it feels impossible. There are legitimate reasons to fear some of the obstacles and setbacks in our lives. But if it were possible not to fear . . . that would change *everything*.

DISCUSSION QUESTIONS

1. Do you tend to take risks or avoid them? How has that tendency influenced the direction of your life?
2. Have you ever known someone who missed out on opportunities because of fear? If so, what did you learn from observing that person?
3. Talk about a time when you were paralyzed by fear. What happened?
4. *"Because of Jesus, you don't have to be afraid, even when there's something to be afraid of."* Does that statement give you comfort? Why or why not?
5. Read Matthew 14:22–31. Talk about a time when you or someone you know pushed past fear and took a bold step to follow Jesus. How did that event affect your faith?
6. What do you fear right now? What is one practical thing you can do this week to remind yourself not to be afraid because Jesus is with you? What can this group do to support you?

MOVING FORWARD

What do you fear? Be specific, and then remind yourself to fear not—not because there's nothing to fear but because Jesus is here. You don't have to be afraid . . . even when there's something to be afraid of.

CHANGING YOUR MIND

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

Matthew 10:29–31