

“The Giant of Fear”
Series: “Conquering Your Giants”
(Part 2 of 5)

Discussion Starter: Share a time when you have experienced fear for your physical safety.

Explore: Read Luke 8:22-25.

Jesus and his disciples were on a boat crossing a lake. As Jesus was resting, a storm descended upon them and began to swamp the boat. Even though Jesus was at ease, the others were in great fear.

1. What happened after Jesus and the disciples set sail (vs. 23)?
2. How did Jesus react to the growing storm (vs. 24)?
3. After the storm, what did Jesus ask the disciples (vs. 25)?
4. What did the disciples see of Jesus’ manner (vs. 25)?

Reflect: Review the LG and discuss the questions below.

1. Read Exodus 14:12. It looked as if the Israelites had reached a dead end. Have you ever reached a point where it had seemed all hope was gone?
2. Share a time when you may have been gripped with fear only to see God’s provision bail you out.
3. In life we will have problems. How can we as Christians focus on faith and not our fears?
4. Moses was a man of great faith. What steps can we take in our journey to show more faith? In doing so explain how it would help us in times of worry.

Live: Take it home.

As a group: Share how this lesson has broadened your view on how to react in times of fear.

On your own: We all need to be assured of God’s promise that the troubles we face on earth will pass. God is eternal. In our trials we should focus more on his plan and know he is with us in our victories as well as our times of fear. This week take time to thank God for walking with you no matter what.

Listening Guide Notes

“As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the LORD.”

–**Exodus 14:10 (NIV)**

What fear does to us...

1. Fear makes us skeptical.

“They said to Moses, ‘Was it because there were no graves in Egypt that you brought us to the desert to die?’” –**Exodus 14:11a (NIV)**

2. Fear makes us selfish.

“‘What have you done to us by bringing us out of Egypt?’” –**Exodus 14:11b (NIV)**

3. Fear makes us stubborn.

“‘Didn’t we say to you in Egypt, ‘Leave us alone; let us serve the Egyptians?’” –**Exodus 14:12a (NIV)**

4. Fear makes us shortsighted.

“‘It would have been better for us to serve the Egyptians than to die in the desert!’” –**Exodus 14:12b (NIV)**

To conquer the giant of fear...

1. Say NO to being afraid.

“Moses answered the people, ‘Do not be afraid.’” –**Exodus 14:13 (NIV)**

^[1] *“Then the LORD said to Moses, ^[2] ‘Tell the Israelites to turn back and encamp near Pi Hahiroth, between Migdol and the sea. They are to encamp by the sea...’”* –**Exodus 14:1-2 (NIV)**

^[3] *“‘Pharaoh will think, ‘The Israelites are wandering around the land in confusion, hemmed in by the desert.’ ^[4] And I will harden Pharaoh’s heart, and he will pursue them. But I will gain glory for myself through Pharaoh and all his army, and the Egyptians will know that I am the LORD.’ So the Israelites did this.”* –**Exodus 14:3-4 (NIV)**

2. Realize that problems are temporary, but God is eternal.

“Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again.’” –Exodus 14:13 (NIV)

3. Take a step of faith.

^[14] *“The LORD will fight for you; you need only to be still.”*

^[15] *Then the LORD said to Moses, ‘Why are you crying out to me? Tell the Israelites to move on.’* ^[16] *Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground.’”*
–Exodus 14:14-16 (NIV)