

SPEAK YOUR FAITH, NOT YOUR FEARS

Study & Small Group Discussion Guide

MAIN OBJECTIVE

To understand the biblical principle of speaking faith rather than fear—recognizing that what continually fills the heart and proceeds from the mouth shapes our thinking, responses, and conduct. Jesus demonstrated the power of believing and speaking God’s Word, teaching His disciples to have faith in God, speak to their mountains, and refuse doubt.

KEY PRINCIPLE

Faith is the Word of God conceived in the heart and spoken through the mouth. Romans 4:17 presents God as the One who gives life to the dead and speaks of things that do not yet exist as though they do. Jesus used the fig tree to teach His disciples what faith can do when it is believed in the heart and expressed through the mouth.

1. SPEAK FAITH, NOT FEAR

Jesus used the fig tree as a teaching moment. After the disciples saw that the tree had withered, Jesus said, “Have faith in God.” Faith is expressed not merely by what we think, but by what we believe and say. James reminds us that blessing and cursing proceed from the same mouth. Our words reveal what is being cultivated in the heart.

Discussion Questions

1. What is the difference between honestly acknowledging a circumstance and allowing fear about that circumstance to become your confession?
2. What situation are you currently tempted to speak about from the perspective of fear rather than faith?

2. STAY MINDFUL & MEDITATE ON GOD’S WORD

Faith must be cultivated in the heart. Joshua 1:8 instructs us to keep the Word in our mouths and meditate on it day and night. Meditation means continually engaging God’s truth until it becomes established within us and confronts old patterns of thought. We should remain mindful of how much God loves us, allowing that awareness to displace fear.

Discussion Questions

1. What thoughts or fears tend to occupy your mind when you are under pressure?
2. What Scripture could you meditate on consistently to confront one of those thought patterns?

3. STAY IN MOTION — PUT THE WORD IN YOUR MOUTH

Jesus said, “Whosoever shall say...” The emphasis is not merely on thinking but on speaking. Jesus spoke what He heard from the Father. We are likewise called to put God’s Word in our mouths. Choose one truth that directly confronts an old pattern. Read it, speak it, repeat it, and hear yourself declaring God’s truth. The inner man is shaped through consistent repetition.

Key thought: Consistency over intensity. The goal is not a brief period of spiritual intensity, but a sustained pattern of hearing and speaking God’s Word.

Discussion Questions

1. What is one specific Scripture you need to move from your Bible, into your mouth, and into your daily conversation?
2. How might consistently speaking that truth change your response when the old thought or circumstance returns?

4. STAY OUT OF THE MESS — FORGIVE & RELEASE OFFENSE

Jesus placed forgiveness alongside His teaching about faith and speaking to the mountain. Mark 11:25 says, “And when ye stand praying, forgive.” Unforgiveness can leave the heart entangled with the very offense we are asking God to overcome. Forgiveness clears the heart so that our faith is not continually mixed with offense.

Discussion Questions

1. Is there an offense that continues to affect the way you think, speak, or pray?
2. What would it look like to release that offense and bring your heart into agreement with God’s Word?

THE UPGRADE — ENCOUNTERING THE WORD

Every encounter with the Word is an opportunity for an upgrade—an opportunity to be transformed and conformed to the image of Christ.

1. Choose One Truth — Choose one verse that directly confronts the old pattern you are trying to break.

2. Speak It — Do not merely think the Scripture. Read it aloud. Put it in your mouth and speak it so that you hear yourself declaring God’s truth.

3. Consistency Over Intensity — The inner man is shaped through consistent repetition. A sustained pattern is more important than a brief period of intensity.

4. Meditate Day and Night — Establish God's Word as part of your morning and evening routine. Psalm 1 describes the person who meditates in God's law day and night as a tree planted by rivers of water.

SCRIPTURE SECTION

For Reading, Meditation & Small Group Use

Romans 4:17 AMPC

As it is written, I have made you the father of many nations. [He was appointed our father] in the sight of God in Whom he believed, Who gives life to the dead and speaks of the nonexistent things that [He has foretold and promised] as if they [already] existed.

Isaiah 60:1–3 KJVS

Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. [2] For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee. [3] And the Gentiles shall come to thy light, and kings to the brightness of thy rising.

Job 26:7 KJV

He stretcheth out the north over the empty place, and hangeth the earth upon nothing.

Colossians 1:16–17 KJV

For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: [17] And he is before all things, and by him all things consist.

Hebrews 1:3 KJV

Who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his power...

Psalms 104:5 KJV

Who laid the foundations of the earth, that it should not be removed for ever.

Jeremiah 31:35 KJV

Thus saith the LORD, which giveth the sun for light by day, and the ordinances of the moon and of the stars for a light by night...

Mark 11:13–14 NKJV

And seeing from afar a fig tree having leaves, He went to see if perhaps He would find something on it. When He came to it, He found nothing but leaves, for it was not the season for figs. [14] In response Jesus said to it, "Let no one eat fruit from you ever again." And His disciples heard it.

Mark 11:20–21 NKJV

Now in the morning, as they passed by, they saw the fig tree dried up from the roots. [21] And Peter, remembering, said to Him, "Rabbi, look! The fig tree which You cursed has withered away."

James 3:10 KJV

Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.

2 Corinthians 4:18 KJV

While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

Mark 11:22–25 KJV

And Jesus answering saith unto them, Have faith in God. [23] For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. [24] Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. [25] And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

Job 22:28 KJV

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

Zechariah 4:7 KJV

Who art thou, O great mountain? before Zerubbabel thou shalt become a plain: and he shall bring forth the headstone thereof with shoutings, crying, Grace, grace unto it.

John 14:13–16 ASV

And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. [14] If ye shall ask anything in my name, that will I do. [15] If ye love me, ye will keep my commandments. [16] And I will pray the Father, and he shall give you another Comforter, that he may be with you for ever.

Joshua 1:8–9 KJVS

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. [9] Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Luke 5:16 KJVS

And he withdrew himself into the wilderness, and prayed.

Psalms 1:1–3 KJVS

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. [2] But his delight is in the law of the LORD; and in his law doth he meditate day and night. [3] And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.