



# WHEN LIFE ISN'T FAIR

## WHEN LIFE ISN'T FAIR, PART 4: STRUGGLING WITH BEING BRAVE

Fear is a normal part of life—it keeps us safe from harm. But fear can also control our lives and keep us from taking risks or trying new things. When we face fear, we get forgetful. We forget what God has done in our lives, and in the lives of the people around us.

**THE BIG IDEA:** When life isn't fair, don't be afraid & take courage—God is with you.

### DISCUSSION QUESTIONS

1. Have you ever been afraid of heights but found yourself high up? (Rock climbing, roller coaster, etc.?) Describe the experience.
2. What are some areas that cause fear in your life? (Job stability, Depleted Savings, Relationships, Major expense)? How do you normally respond to these issues? Is it a productive response that addresses the circumstance, or a paralyzing response?
3. *With your Bible or YouVersion, [read 2 Timothy 1:7](#).*

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

[2 Timothy 1:7 \(NLT\)](#)

4. If God doesn't give fear, who do you think does?
5. *With your Bible or YouVersion, [read Habakkuk 3:19 from the Amplified Bible](#).*

*The Lord God is my Strength, my personal bravery, and my invincible army; He makes my feet like hinds' feet and will make me to walk [not to stand still in terror, but to walk] and make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]!*

[Habakkuk 3:19 \(Amplified Bible\)](#)

“Fear has touched every one of us in some way—whether it has entangled us or completely enchained us. But how we respond to fear, and whom we turn to for a way out, is what matters more than anything. Will your fear leave you embittered or awestruck?”

—Max Lucado, *Fearless: Imagine Your Life Without Fear*

6. Where does Habakkuk say our strength, bravery and courage should come from? Where does Habakkuk get his sure-footed confidence?
7. *With your Bible or YouVersion, [read Matthew 14:22-33](#).*

<sup>22</sup> Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. <sup>23</sup> After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone. <sup>24</sup> Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. <sup>25</sup> About three o'clock in the morning Jesus came toward them, walking on the water. <sup>26</sup> When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, “It’s a ghost!” <sup>27</sup> But Jesus spoke to them at once. **“Don’t be afraid,”** he said. **“Take courage. I am here!”** <sup>28</sup> Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.” <sup>29</sup> **“Yes, come,”** Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. <sup>30</sup> But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. <sup>31</sup> Jesus immediately reached out and grabbed him. **“You have so little faith,”** Jesus said. **“Why did you doubt me?”** <sup>32</sup> When they climbed back into the boat, the wind stopped. <sup>33</sup> Then the disciples worshiped him. **“You really are the Son of God!”** they exclaimed. [Matthew 14:22-33 \(NLT\)](#)

8. What kinds of things do you trust in, especially when life gets stormy, that help you feel comfortable and secure rather than fearful? Be honest!
9. When Jesus shows up, He uses the words ‘take courage’. Where is courage supposed to come from?

“Fear never wrote a symphony or poem, negotiated a peace treaty, or cured a disease. Fear never pulled a family out of poverty or a country out of bigotry. Fear never saved a marriage or a business. Courage did that. Faith did that. People who refused to consult with or cower to their timidities did that.”

—Max Lucado, *Fearless: Imagine Your Life Without Fear*

10. When has courage overcome fear to accomplish something good in your experience?

11. *With your Bible or YouVersion, [read Matthew 8:23-27](#).*

*<sup>23</sup> Then Jesus got into the boat and started across the lake with his disciples. <sup>24</sup> Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. <sup>25</sup> The disciples went and woke him up, shouting, “Lord, save us! We’re going to drown!” <sup>26</sup> Jesus responded, “**Why are you afraid? You have so little faith!**” Then he got up and rebuked the wind and waves, and suddenly there was a great calm. <sup>27</sup> The disciples were amazed. “Who is this man?” they asked. “Even the winds and waves obey him!”* [Matthew 8:23-27 \(NLT\)](#)

12. Have you ever felt that Jesus was sleeping through the storms in your life? How did you respond—in anger, in frustration, in hurt, or with understanding?
13. Does it bring you comfort to know that this reaction is intentional on his part, not accidental or ignorant? If not, how does it make you feel?

## MOVING FORWARD

A certain amount of fear is healthy—it is the canary in the coal mine, warning of potential danger. Fear is the appropriate reaction to a burning building or growling dog. Fear itself is not a sin. But it can lead to sin. When does that happen, and what does it look like in a real person’s experience? In what ways have your encounters with fear increased your awe of God?

## WHAT WILL YOU DO?

What if you were no longer afraid? What if your life was no longer controlled by fear? What if we are more willing to be obedient than we are afraid? What would your family look like? What would your community look like? What would this world look like?

## CHANGING YOUR MIND

*The Lord God is my Strength, my personal bravery, and my invincible army; He makes my feet like hinds’ feet and will make me to walk [not to stand still in terror, but to walk] and make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]!* *Habakkuk 3:19*