

Week 2- “Overcoming Our Own Personal Fears”

In this series we are exploring the book of Nahum. This book provides incredible insight on how we can navigate fear and uncertainty and teaches us that there is a God who sees the worst of humanity and offers us a vision bigger and enduring. In this week’s message we explore the reality that so often fear and uncertainty can bring out the worst in us and how we can navigate it in healthy ways.

1. What stood out to you from the message?

Read Jonah 1:1-12

2. When life feels uncertain, what's your natural response: take control, withdraw, stay busy, distract yourself, or something else?

3. Why do you think times of uncertainty have a way of bringing old wounds and painful experiences back to the surface?

4. Why do you think it's sometimes so difficult to let other people see your struggles, fears, and insecurities? What makes someone a safe person to be honest with?

5. How can having trusted people speak honestly into your life help you recognize things about yourself that you might otherwise miss?

Read Jonah 2:1-2 and Jonah 2:7

6. Jonah eventually had to stop running and surrender control. Why do you think surrender can feel so scary even when you know God loves you?

Read Matthew 12:39-40

If we are going to be able to surrender we must see the worthlessness of our own effort and the depth of God's love for us.

7. What does the cross say about the depth of God's love for you?

8. How does Christ's sacrifice on the cross help you see that He is stronger than your worst fears and the pain of your past?

9. What would it practically look like to respond to uncertainty from a place of trust in God's love rather than fear of what might happen?

10. How can evaluating honestly how you navigate uncertainty and fear help you see where you are putting your trust?

11. What does it practically look like to allow God to help you see this instead of distracting yourself from it? Are you willing to take this step of surrender?

When we truly understand how deeply Jesus loves us, we can begin to let go of the things we've been holding onto so tightly. We don't have to keep trying to control everything, hide from our pain, or distract ourselves from our fears. We can bring our pain, our past, and our uncertainties to Jesus, trusting that He is able to do what we cannot do for ourselves. When we allow others in and look to the cross we can discover that the depth of God's love is strong enough to redeem our past, heal our pain, and help us navigate times of uncertainty with hope.