



All of us walk through life with occasional fear. And it's not always a bad thing. Fear is a byproduct of our ability to think about what might happen in the future, and it can protect us from harm. However, living with too much fear can cause us to be self-absorbed, distracted, and overly protective. But the good news is this: You don't have to be afraid even when there's something to be afraid of.

Discussion Questions:

1. On a scale from 1 to 10, how fearful are you?
2. When fear comes your way, what is your go-to coping mechanism?
3. Read Matthew 8:23–27, then the same account in Mark 4:35–41.
 - What stands out to you?
 - What details does Matthew point out that Mark doesn't and vice versa?
 - If you could summarize the point of this story in one sentence, what do you think the authors are trying to get across?
4. Refer back to Matthew 10:28–31. What are some things people fear that can "kill the body but cannot kill the soul"?
5. What is your biggest fear about the future?
6. What would it look like or sound like for you to take Peter's advice and "cast all your cares on Jesus"?