

**Losing Fear to Build Faith**

Pastor Kris Brenes

What would your life look like if you were able to lose fear and build faith instead?

**Jesus comes to them in the storm.**

But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. Matthew 14:26

**Jesus calms their fears.**

But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid." Matthew 14:27

**Jesus calls to them.**

"Lord, if it is you, command me to come to you on the water." <sup>29</sup> He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. Matthew 14:28-29

- **Losing fear will always require a step of faith.**

**Fix your eyes on the One who is greater than the storm you're in.**

But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" <sup>31</sup> Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" Matthew 14:30-31

**Losing fear, building faith...**

- Step toward Jesus in faith.
- Do it scared.
- Reach for Jesus.

**Let's Talk About It**

What would it look like if you were able to lose fear and build your faith instead? In Matthew 14, the disciples are caught in a storm when Jesus comes to them on the water. He doesn't remove the storm—but He brings His presence into it. While fear is normal, it doesn't have to control us. Every fearful moment is an opportunity to draw closer to Jesus. Losing fear means taking a step of faith—even when we're scared—and reaching for Jesus when we feel overwhelmed. We don't have to be fearless... we just have to keep our eyes on Him.

Matthew 14:22-33; Isaiah 41:10

**Discussion questions:**

- Which part of the message impacted or challenged you?
- Read Matthew 14:22-33. Jesus sent His disciples into the storm, and then came to them *in* the storm. What does that tell you about how God meets us and shapes us in hard seasons?
- Describe a recent situation when you experienced more fear than usual. What did you do to cope with the fearful and/or anxious emotions?
- Peter stepped out of the boat even though the storm was still raging. How have you seen your fears influence your thoughts and actions? Where do you need to "get out of the boat", take a step and "do it scared"?
- Peter began to sink when he shifted his focus to the wind instead of Jesus. What are some "winds" in your life that tend to steal your focus? But when Peter cried out, Jesus immediately reached for him. What does that say about how Jesus responds when our faith feels shaky?
- Read Isaiah 41:10. How does drawing near to God put your fears in a different perspective? How does God empower you to replace your fears with faith instead? What would this practically look like?

**Take a Step**

- What is one practical step you can take this week to move forward instead of letting fear hold you back?

**Here's My Prayer**

Jesus, thank You for meeting me right in the middle of my storms. Help me fix my eyes on You when fear rises and give me courage to take the next step, even when I'm scared. When my faith feels weak, remind me that I can always reach for You—and that You never let go of me. Teach me to trust You more each day. In Your name, amen.