

# Water of Life Community Church

## HEARTSICK

### EMOTIONS THAT CAN WRECK YOUR JOURNEY

WEEK 4

MATTHEW 10:26-31

PARTICIPANT GUIDE

---

## ICE BREAKER

## PRAYER

## WORSHIP

## INTRODUCTION

There is healthy fear and unhealthy fear. Some of us need a little fear but for many of us fear robs us. Fear can easily have us full of anxiety and worry. It is a byproduct of our ability as humans to collect knowledge and then see into the future...or make progress. We're able to imagine the future which allows us to invent and improve our lives. But this ability also allows us to say "what if" and we can become afraid and self-absorbed.

---

## DISCUSSION QUESTIONS

### 1. READ MATTHEW 10:16-19.

a. Early in Jesus' relationship with his disciples, he tells them he is sending them as sheep in the midst of wolves. How do you think this made them feel?

b. Matthew 8:23-27 tells the account of Jesus sleeping in the boat during a great storm. When the disciples watched Jesus calm the storm, they were afraid. Why do you think they were afraid?

c. In Matthew 10:26-28, Jesus is telling his guys what not to be afraid of, and what to be afraid of. Why did he say this?

d. In verse 29-31 of the same chapter, Jesus is telling the disciples how they are valued. How does the knowledge of this change your fear?

### 2. READ MATTHEW 14:22-33

a. After Jesus miraculously fed 5000 people with five loaves of bread and two fish, the disciples got into the boat and rowed all night but didn't get anywhere. Jesus walked on the water and came to the boat. What were the disciples afraid of?

b. When the disciples were afraid, what did Jesus say to them?

c. 1 Peter 5:7 says, "Cast all your anxiety on him because he cares for you." How does this verse change your view of the future?

d. How does Jesus' words speak to you in your fears today?

---

## PRAYER/MINISTRY TIME

- Have you ever been afraid of God? How does 1 Peter 5:7 make you feel?
  - What helps you realize that you cannot control the future?
  - How does God's love for you cast away your fears?
- 

## GOING DEEPER/WEEKLY CHALLENGE

### REFLECT

- How does the way God cares for you change what you are afraid of?

### RESPOND

- This week, identify one fear that you can surrender to God, and do it!

*Also ... Subscribe to our e-devotionals by texting "edevotional" to 67076; or go to [wolgroups.com](http://wolgroups.com) and click on the eDevotional button for daily testimonies relating to this week's theme.*

---

## MEMORY VERSE

1 Peter 5:7 (NIV)

"Cast all your anxiety on him because he cares for you."

---

## NOTES