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# FAITH OVER FEAR

## CHOOSING TO TRUST GOD

### PARTICIPANTS' GUIDE

PSALM 56:3-4; MATTHEW 14:22-33; MATTHEW 22:37-39, MATTHEW 6:25, 33

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## ICE BREAKER

## PRAYER

## WORSHIP

## INTRODUCTION

True freedom begins when we focus on Jesus in uncertain times because He is greater than what we go through. What are some of the instances in the Bible you can remember when the people of God are encouraged to not be fearful? Fear is a barometer of our faith. When we find ourselves being afraid, it is often because we are failing to believe something to be true that God says about Himself. That's why in Psalm 56:3-4 we find overcoming fear linked firmly with looking into the Word of God.

## DISCUSSION QUESTIONS

### 1. READ PSALM 56:3-4. THE PASSION TRANSLATION (TPT)

<sup>3</sup> BUT IN THE DAY THAT I'M AFRAID, I LAY ALL MY FEARS BEFORE YOU  
AND TRUST IN YOU WITH ALL MY HEART.  
<sup>4</sup> WHAT HARM COULD A MAN BRING TO ME?  
WITH GOD ON MY SIDE I WILL NOT BE AFRAID OF WHAT COMES.  
THE ROARING PRAISES OF GOD FILL MY HEART,  
AND I WILL ALWAYS TRIUMPH AS I TRUST HIS PROMISES.

- In your own words, how is overcoming fear related to knowing and believing God's Word?
- What kinds of things does the Bible tell us about God that would serve to combat our fear if we truly believed them?
- Conversely, if we are living in fear, what does our fear reveal we believe or don't believe to be true about God?
- READ Psalm 89:1, Lamentations 3:22-23, Psalm 68:34, Romans 11:33-36, 1 Samuel 15:29, Hebrews 13:8, and Joshua 1:9. For each one, point out the particular characteristic of God highlighted. How do these characteristics of God serve to inspire our faith? How do they serve to drive out fear?

Why do you think, despite these characteristics, many Christians still live with a sense of fear?

2. READ MATTHEW 14:22-33.

- a. What do you think about Peter in this story? Can you relate to him? How?
- b. What do you think was the progression of Peter's thoughts as he went from walking to sinking? What caused Peter to lose his trust in Jesus?
- c. Why is it important for us to realize that Jesus responded to Peter even though he became distracted?
- d. How can we learn to trust Jesus more? What actions show that we trust Jesus in all circumstances? How does walking on water and calming the storm prove Jesus is Lord?
- e. Had you been in the boat that day, would you have reacted like Peter or like one of the disciples who stayed in the boat?

3. READ MATTHEW 22:37-39.

- a. What does it look like practically to love God with all of one's heart, soul, and mind? Give specific examples.
- b. What does it mean to love one's neighbor as yourself?

4. READ MATTHEW 6:25, 33.

- a. In this context, what are the "things" Christ promises will be provided for us?
- b. How does seeking the kingdom of God help alleviate our worry about things in life?

## PRAYER/MINISTRY TIME

## GOING DEEPER

## MEMORY VERSE

Matthew 6:31-34 New American Standard Bible (NASB)

<sup>31</sup> Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' <sup>32</sup> For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. <sup>33</sup> But seek first His kingdom and His righteousness, and all these things will be added to you. <sup>34</sup> So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

## NOTES