

KEYS FOR OVERCOMING FEAR: FAITH
Overcoming Fear Study Session II

Key Scripture: Matthew 14:23-33

In this study we are going to learn about fear from a real, historical account in which God teaches us about a key to overcoming fear through an event that happened to people. God teaches us this way so we can learn from other people and because we can relate to what other people experience. So, when you read Biblical accounts imagine the scene as though you were there and experiencing it with them.

- I. Let's Read the Account
- II. Let's Determine the Point of the Account
 - What is the root issue the disciples faced? (Look for repeated words or concept in verses 26, 27, 30)
 - What is the root cause, in this case, for the root issue the disciples faced? (Look for a repeated words or concepts in verse 31)
- III. Let's Learn from the Account: 5 Faith Keys to Unlock the Door to Overcoming Fear
 1. The Providence of God in our Fears.
 - How many "why?" questions can you come up with that the disciples might have asked the Lord? Write them below because you will need your list to complete your next study task.
 - Are you ready to complete your next study task? Put a ★ next to each "why?" you have asked the Lord before.

A Life Lesson: God sends us into fearful situations, not for our failure but for our growth.

2. The Possibility of Failure because of our Fear.
 - Tell the story of what happened to Peter on this stormy sea. Read verses 29-30 and tell us why God said he began to sink.
3. The Problem of Losing our Focus because of our Fear.

4. The Importance of Learning through times of Fear to Increase our Faith.

- Another Bible Study task: This was not the disciples' first calming the stormy sea experience. When they had their first one, what was their response according to Mark 4:41? Now, read their response in this calming the stormy sea experience according to Matthew 14:33. Even in their failures, how would you describe the disciples' growth in their understanding of who Jesus was?

5. The Presence of the Lord in our Fears.

Three gospels, Matthew, Mark, and John record the event. While each has different details, there is one phrase the Holy Spirit does include in each account, "It is I; be not afraid." Do you know what this tells us about fear and faith? We can have faith in the presence of the Lord in our fears — we are not alone.

Prayer:

Turn to Hebrews 13:5-6. Read this passage aloud and let God speak to you from it. As you close out your study time in prayer, keep your Bible open and, as one person leads in prayer, pray this passage to the Lord praising Him for faith that overcomes fear!

Homework? Of course! This is how you grow!

If you want God to speak further to you about the key of faith to overcome fear, the following Bible study project is a great place to start.

Look up the words faith, believe(est), doubt, fear, affrighted and afraid. Record Scriptures that speak to you and principles you learn from the passages. You may find something to memorize, too.