

# REAL LIFE EMOTIONS

## Shaking Off Fear // Matthew 8:23-27

**THE POINT:** God will take care of us no matter what we face.

**OVERVIEW:** Fear can be healthy; it can keep us from dangerous situations. And the Bible calls us to fear God and possess a reverential awe of Him. But we experience other times when we're afraid and we shouldn't be. Those fears can paralyze and keep us from moving forward or living the life to which God calls us. In Psalm 91, the psalmist reminds us that walking in the fear of God means we can trust Him with all our other fears.

**DIRECTIONS:** As you begin your event, consider using the following engage options before starting the message.

### Atmosphere

Decorate the room with objects that would make people feel safe or secure. Say, **"God is our defender, and we can rely on Him to protect us from fear and worry."**

### Media

Search the Internet for "What Does The Bible Say? Fear - Bible Studies for Life YouTube." Play the video as you begin the session. Say, **"We can avoid unhealthy fears when we fully place our trust in God."**

### TEACH (Make your notes below)

➤ **THE POINT:** God will take care of us no matter what we face.

#### ➤ 1. A VIOLENT STORM

Matthew 8:23-24

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#### ➤ 2. JESUS WAS SLEEPING

Matthew 8:25

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#### ➤ 3. WHY ARE YOU AFRAID?

Matthew 8:26-27

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### PREPARE (Sermon outline)

Jesus' Word has the power to calm all the storms in our lives.

- **A.** Jesus had been serving people—healing and teaching.
  - B.** He wanted to get away from the crowds and take time to rest.
  - C.** As Jesus and the disciples were crossing the sea, a violent storm arose.
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- **A.** Jesus was exhausted from continually serving people.
  - B.** We see a picture of His humanity—Jesus was so tired the storm didn't wake Him.
  - C.** The disciples were terrified, and they thought Jesus didn't care that they were all going to die.
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- **A.** Jesus confronted the disciples' fear—they weren't living by faith in Jesus.
  - B.** Jesus, by the power of His word, calmed the seas.
  - C.** Jesus has the power to calm the storms in our lives—we can trust Him.

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**DIRECTIONS:** Use the following outline as a guide for a message based on the passages from this session of Bible Studies for Life: Students. Additionally, use the suggested illustrations and activities to customize your midweek event.

### INTRO

- ▶ What are some common fears people face?
- ▶ What are your biggest fears?
- ▶ How do you deal with them?

### MATTHEW 8:23-24

- ▶ Why would Jesus want time away from the crowds?
- ▶ What can we learn about Jesus from these verses?
- ▶ Why is it important for us to rest like Jesus?

### MATTHEW 8:25

- ▶ How can serving others be exhausting?
- ▶ When have you faced a storm so difficult you didn't think you would make it through?
- ▶ Why do you think the disciples were afraid, even though Jesus was with them?

### MATTHEW 8:26-27

- ▶ How did Jesus comfort the disciples' fears?
- ▶ How can this passage help calm your fears?
- ▶ When have you seen Jesus calm storms in your life?

### LIVE IT OUT

- ▶ **Discuss:** Ask students to briefly discuss ideas that may have challenged them during the session.
- ▶ **Ask:** What are some fears you struggle with that Jesus can help you overcome?
- ▶ **Pray:** Ask God to give students courage and to know that there is no reason to fear since God is in control.