

Small Group Discussion Guide

For the week of March 8 - 14, 2020

Main Thought and Scriptures:

There is no shortage of situations in life that can cause us to fear. However, the Bible teaches us that we must overcome fear with faith.

*"While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. 'Your daughter is dead,' they said. 'Why bother the teacher anymore' ³⁶Overhearing what they said, Jesus told him, '**Don't be afraid; just believe.**' ³⁷He did not let anyone follow him except Peter, James and John the brother of James. ³⁸When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. ³⁹He went in and said to them, 'Why all this commotion and wailing? The child is not dead but asleep.' ⁴⁰But they laughed at him. **After he put them all out,** he took the child's father and mother and the disciples who were with him, and went in where the child was. ⁴¹He took her by the hand and said to her, 'Talitha koum!' (which means 'Little girl, I say to you, get up!'). ⁴²Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. ⁴³He gave strict orders not to let anyone know about this, and told them to give her something to eat." (Mark 5:35-43 NIV)*

When faced with situations that cause us to fear, the Bible teaches us to:

- **Cultivate a climate of faith and separate from and isolate the climate of fear.**

Jesus brought with Him only those who had faith and isolated those with fear because fear is rooted in unbelief. He made them wait outside because unbelief and fear are contagious. When we fear, we are either saying, "God is not **good** and will not take care of me," or "God is not **powerful** enough to do so." God often will not work on our behalf if we live in unbelief and fear.

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." (Hebrews 11:6 NIV)

- **Keep your focus on God and His Word.**

We overcome fear with faith. Therefore, we need to keep our focus on who God is rather than our circumstances. Faith comes to us through the Word of God. As we draw closer to God and think about His promises to us who believe, faith comes and pushes fear out of our lives.

"...faith comes from hearing the message, and the message is heard through the word about Christ." (Romans 10:17 NIV)

- **Obey the call of God.**

Jairus obeyed Jesus every step of the way. Like him, we must put the Word to work in our thoughts and actions. This is what it means to " **dwell** in the shelter of the Most High." One of the things Scripture commands us to do is to share the **hope** that we have in Christ with others.

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." (Matthew 28:19-20 NIV)

Reflection:

- What are some things that have caused you fear in the past? How did you deal with fear? What did you learn from those experiences?
- Share a time when faith in God dispelled fear in your life. What happened and what did you learn?

Application:

- What are some ways that you experience fear and unbelief today? What practical steps can you take to focus on God in order to grow in your faith and dispel fear in your life?

Prayer:

- Pray for one another to trust God in the midst of one area of fear. Pray for God's protection, provision, and that we will trust in Him and live with faith, not fear.