

Sermon Based Small Group Guide
For January 9, 2022 sermon:
"Serenity now!"

Warm up:

1. Do you have a fear or "phobia" that can disrupt your life in certain circumstances? What is it? (ie- fear of public speaking, of close spaces, of winter driving, etc)
2. Looking back on 2021, in what ways did you grow in your confidence in God, your understanding of the importance of the support and fellowship of the Church, or any other type of spiritual growth? In other words...did you grow and how did it happen?

Digging deeper: (20-30 minutes)

1. We covered three really big Old Testament stories in the morning service, so we weren't able to get into a lot of the details. Digging deeper, look at these snapshots from the life of Abraham and discuss whether he was acting in "faith" or "fear" in each one, and what was the result?

Genesis 16:1-6 (Note: This is AFTER God's promise of a son with Sarah.)

Genesis 20:1-7 (Note: Not the ONLY time this happened.)

Genesis 22:1-12 (Note: Amazing!)

2. In the Gospels, Jesus addressed the fear and lack of faith of his disciples many times. Read Mark 4:35-41 and then answer the following questions:

-How did the disciples react to the storm? When you consider that almost half of the disciples were fishermen by trade and had probably been through many storms on the Sea of Galilee, what must this storm have been like?

-Jesus is sleeping soundly during the storm, have you ever felt that maybe God was "asleep" (unaware or unconcerned) about a storm in your life? How should we deal with those thoughts and feelings?

-After Jesus speaks to the storm and it is calm, it says the disciples were still terrified. What would it be like to personally experience such a supernatural demonstration of God's power over a situation?

3. When Jesus was getting ready to complete his mission on earth (death, burial and resurrection), that reality filled his followers with fear. It made no sense to them and that is often the basis for our fear...we don't UNDERSTAND the "why" and "how" of a circumstance. What was Jesus' answer and promise to them? Read John 14:26-29.

Apply it: (10 minutes)

What are the areas in your life where you are tempted to respond in fear rather than in faith? Are you experiencing a personal crisis in your health, or finances or relationships? This is the perfect place and time to ask your brothers and sister to stand with you in faith and ask God to confront your fears about your circumstance.