



## SERMON DISCUSSION GUIDE

*"Calming the Storm: Dealing with Fear"*

*Matthew 8:23-27*

Record your insights & observations from this week's sermon.

## SERMON NOTES

## GROUP DISCUSSION AND QUESTIONS

- 1) The Bible mentions two specific types of fear. The first type is beneficial and is to be encouraged. The second type is a detriment and is to be overcome. During these times we are in, talk about the importance of focusing on the first type of fear instead of the second.
- 2) How is "fear of the Lord" similar to the fear of other things? How is it different?
- 3) If fear of the Lord is the beginning of wisdom, then the fear of anything other than the Lord may be the beginning of foolishness. What is it about these times we are in that causes such fear? How can fear lead to foolishness?
- 4) What is your greatest fear?
- 5) Read the following verses on fear of the Lord. What are the blessings and benefits described in these passages?  
  
*Psalm 111:10*  
  
*Proverbs 1:7*  
  
*Proverbs 19:23*  
  
*Proverbs 14:26-27*
- 6) In the story from *Matthew 8:23-27* what can we learn from the disciples as they face the waves overtaking the boat?
- 7) How are our fears related to our beliefs?

### FOR YOUR FAMILY

- 1) Read *2 Timothy 1:7* - (ESV) "for God gave us a spirit not of fear but of power and love and self-control."
- 2) Talk with your children about these times of fear. Ask them about their fears and understanding of the virus. Ask if they are scared. Talk about what it means to trust God in the middle of chaos and fear.
- 3) How can we serve our neighbors and also be responsible to care for ourselves?
- 4) Who is someone at risk that God has put in your life? How can you serve them at this time?