

SERMON BASED CURRICULUM

**Date & Sermon Series:**

July 9/10, 2016; Mountains Move

Speaker:

Dr. Dick Foth

Scripture Focus: Mark 6:47-52

Note To Leaders:

This weekend we discussed moving from fear to faith. These questions provide a framework to prompt or foster discussion in your small group. Don't feel you have to use all or any of these questions and you don't have to make it to the end! Use the questions that best fit your group and let discussion flow.

Icebreaker Suggestions: Pastor Mark once said in a sermon that there are over 2,000 types of fears, including peanut butter on the roof of your mouth. If it isn't peanut butter, what is one of your fears that you would be willing to share?

Sermon Series Questions:

1. What thoughts are still resonating with you from the sermon?
2. What was most encouraging or challenging about this weekend's message?
3. In what ways did the story of Jesus calming the storm in Mark 6:47-52 speak to you?

Specific Questions:

1. Dick Foth said, "We all have fears because we are human. In fact, our nature is to fear. If we aren't careful we get to a place 'where we are afraid of what we do know and afraid of what we don't know.'" Do you find it easier to fear what you know or what you don't know? Which do you tend to fear the most?

2. "If we don't choose to do something else, fear chooses us." What is your first inclination when fear knocks at the door? What do you wish your response to fear was and how can you change your response?

3. Dick described fear as a mountain range, not just one mountain. It wears different colors just like an outfit. It displays itself in different forms. Have you ever thought about fear as a mountain range? If not, why do you think he would describe it as multiple mountains instead of just one big mountain?

4. Mark reveals to us a story of Jesus calming fears amidst a storm in chapter 6 verses 47-52.

In the middle of the storm Jesus says, “Take courage! It is I. Don’t be afraid.” Jesus was present in the storm- they just didn’t recognize him. This storm can also represent many of the fears and circumstances we face every day, even if we are not out on the water. How would you view your current circumstances if you knew God’s presence was with you and never left you? Would it be different? If so, what would change?

5. Dick shared a story about how when he was afraid as a kid, he would call out to his mom from his bed just to know the safety and comfort that she was right there around the corner. When was the last time you called out to God, like Dick called out to his mom, amidst the fear in your darkest hour?

6. Dick Foth pointed out a revelation in Mark 6:50 that says, “It is I”. The Greek word for this is “Ego Eimi,” meaning I AM. In other words, when Jesus says to, “Take courage! It is I. Don’t be afraid.” It literally means the “Great I AM” is in the middle of it all. What does the “Great I AM” mean to you? What comes to mind when you think of God’s name?

7. 2 Timothy 1:7 tells us that, “We are not given a spirit of fear”. Using this verse, Dick said that there are three antidotes to fear: power, love, and self-discipline (or reason). What are some of the ways you can use power, love, and self-discipline to stand up against your fears?

Challenge:

Focus on one of the antidotes to fear this week: Power, Love, and Self-Discipline (Reason).

- Do you need power over fear? Because when power is present, fear goes away.
- Do you need love to eradicate fear? Because there is no fear in love.
- Do you need reason to overcome fear? Because reason overwhelms fear.

Read, Pray, Act:

Memorize one or two of these verses this week that speak against fear and choose faith. Then, start speaking the verse(s) over the specific fear in your life.

- Psalm 27:1-3
- 2 Timothy 1:7
- Psalm 23:4
- Romans 8:15
- Joshua 1:9
- Isaiah 54:17
- 1 Corinthians 15:57

Take some time this week to focus on Psalm 46. Sometimes the hardest thing to do is to “be still” in your most fearful moments.