

# FEARLESS

## Finding Calm in the Storm

**OCTOBER 15, 2023**

The scary truth is that sometimes, what we fear might happen does happen. But that doesn't need to control or cripple us—if we can learn to lean into God's peace.

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### MESSAGE NOTES AND HIGHLIGHTS

- Fear is an emotion caused by the belief that someone or something will potentially cause us harm or loss.
  - Good or healthy fear protects us. Bad or unhealthy fear restricts us.
  - Fear that leads us to question God's goodness and doubt his love is damaging to us.
  - And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. | Mark 4:39
  - He said to them, "Why are you so afraid? Have you still no faith?" | Mark 4:40
  - Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me; my enemies trample on me all day long, for many attack me proudly. | Psalm 56:1-2
  - When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust... | Psalm 56:3
  - When we're afraid, we can choose to trust God.
  - The ability to trust God comes from understanding God's character.
  - We can learn God's character through studying scripture, and by experiencing God's faithfulness.
  - Every opportunity to be afraid is also an invitation to trust God.
  - We waste precious time and energy in the here and now worrying, when God wants to redeem our today for a better purpose.
  - God cares about our practical needs, and we don't need to worry about them for today or for the future when we focus on his priorities.
  - God generously gives wisdom to all who humbly ask for it.
  - Through trials and hardships of all kinds, one truth remains the same: Nothing can separate God's love from His children.
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### DISCUSSION QUESTIONS

1. What is your initial response when bad things are happening, and it doesn't seem like God is doing anything?
2. Our ability to trust God comes from understanding and experiencing God's character. What experiences and/or certainties do you have that can reaffirm God's goodness and love in your life?
3. Nothing can separate you from God's love—how can knowing this truth help you overcome fear, worry less, trust more when things are difficult?