



"Don't Be Afraid"

Sermon Discussion and Practice Group Guide

Remember to Register
www.lifewithoutlimit.org

Oct. 5
Bulletin
Insert

God's Word

"Then Peter got down out of the boat, walked on the water and came toward Jesus.

But when he saw the wind, he was afraid and, beginning to sink, cried out, 'Lord, save me!'

Immediately Jesus reached out his hand and caught him. 'You of little faith,' he said, 'why did you doubt?'"

Matthew 14

Introductions:

Welcome to the second week of Life Without Limit. If you haven't yet registered on www.lifewithoutlimit.org then please do so. The site is a place where we can get some practice ideas and share our stories.

Open with a prayer and then begin the discussion.

1. If you have someone new in your group take some time to introduce folks again.
2. Did you practice the challenge from last week? If so, can you briefly share the story?

Tackle the Topic:

One of the most significant Limits in our life is FEAR. Fear holds us back. Fear causes us to hunker down, to pull in, to stay in the boat. Fear keeps us from really stepping out with bold faith and walking on water. This Sunday's Gospel is a lesson in fear but even better a lesson in facing fear.

3. Can you think of a time while you were younger that you were afraid? Share the story if you can.
4. Now that we are grown up what kinds of things make us afraid?

Dig In:

Read Matthew 14:22-33

5. Why were the disciples so afraid? Where they afraid of a fact or an assumption?
6. Jesus has an answer for the disciples. What is it?
7. Do you think the answer made any difference? Why or why not?
8. Peter's request is a bit odd. Was he looking for proof of identity or was he really looking for an invitation? What do you think?
9. What do you think made Peter take that first step out onto the water? What was he thinking?
10. What distracted Peter? Hadn't it all been there before? Why did his choice change?

Quotable

Achluophobia
Fear of darkness

Ailurophobia
Fear of cats

Amathophobia
Fear of dust

Leukophobia
Fear of the color
white

Pentheraphobia
Fear of one's
mother-in-law

Politicophobia
Fear of politicians

Testophobia
Fear of taking
tests

Actual Names
of Documented
Phobias (Fears)

11. How deep do you think Peter got before he was crying out?
12. How long did it take for Jesus to answer?
13. What did Jesus do that seemed to make all the difference?
14. Do you think these guys finally got it or were they still a clueless? Why?

Apply It To Me:

Fear is nothing new. Peter and the disciples didn't have a monopoly on it. We have more than our share even today. Maybe Peter's experience holds some hope for me.

15. Where are you afraid today? What one thing when you think about it makes you a bit afraid?
16. Where might God be calling you out of the boat and what's scary about it?
Ministry? Relationships? Job or career? Generosity?
Missions? Evangelism? Family? Community?
17. What would it look like for you to take hold of Jesus and step out of the boat?

Put It Into Practice:

Practice makes perfect. This is one of those areas that I'd like to be more perfect in. I don't want to be held back by fear. So I need to step out.

Practice #1: Take Courage In A Small Way

Most people are intimidated by the thought of inviting someone to church. There are lots of reasons why we don't but at the core might be a bit of fear. Stepping into it could help practice this principle.

Remember we're not talking about you preaching at people or judging people. Try this, "we're doing a new thing at our church and I wanted you to know about it." And then give them an invitation card. If nothing else they might just check it out online.

Practice #2: Do Something Scary And Get Out Of The Boat

Let's revisit one of our questions. Where might God calling you out of the boat into something that is a bit scary?

Take time this week to pray about it, then ask Jesus to help you face that fear. Then get out of the boat. Do something that you've been avoiding because of fear.