

1 READ THE SCRIPTURE

One day he got into a boat with his disciples, and he said to them, “Let us go across to the other side of the lake.” So they put out, and while they were sailing he fell asleep. A windstorm swept down on the lake, and the boat was filling with water, and they were in danger. They went to him and woke him up, shouting, “Master, Master, we are perishing!” And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm. He said to them, “Where is your faith?” They were afraid and amazed, and said to one another, “Who then is this, that he commands even the winds and the water, and they obey him?”

-Luke 8:22-25

2 CHOOSE AN IMAGE

Think about a season in your life, or an incident, when you felt fear—which of the two images best represents that fear?

3 REFLECT Ask some or all of these questions, depending on your context and timeframe

- Why does the image you chose best represent how fear impacted you?
- How does the fear prompted by the image you chose compare to the fear you see in the passage?
- The disciples were clearly afraid when they saw Jesus, and Jesus knew they would be—so why would He do something He knew would make them afraid?
- What do you notice about Jesus' attitude toward fear?
- In what ways does your relationship with God help you to face and overcome your fears, and in what ways has your relationship with God not seemed to be enough to help you overcome fear?
- What fears do you have, right now, that we can lift to Jesus?

TOUGH TIMES

THE CRIPPLING POWER OF FEAR

(LUKE 8:22-25)