

IT Happens Small Group Conversation - FEAR & INSECURITY

Try keep this conversation no longer than 45 minutes - it is no good sending people home exhausted from just talking for too long. Keep the conversation moving and upbeat. Don't let people take the group off the topic. Do your best to draw out the contributions of quieter people. Land the time in prayer, but remember to gently coach people who haven't prayed in a group before. There is no pressure to pray aloud.

Get to know each other

Some fears are completely irrational and are so-called phobias. There are about 530 phobias described - fear of heights, fear of spiders, etc. Briefly share with the group if you, a friend or family member can relate to the experience of having a phobia.

IT Happens: FEAR

Read together from Mark 4 v35-41 **Jesus Calms the Storm**

1) Read verse 35

What do you think is the significance of Jesus' command in light of what the disciples experience on their journey?

2) Read verse 36-39

Rigby spoke about the difference between **immunity** and **assurance**.

Often Christians expect only health, wealth and happiness when following Jesus, the so-called "Prosperity Gospel". Discuss how this story so beautifully demonstrates the difference between immunity (from the troubles of life) and assurance (that God is in control).

3) Read verse 39

Jesus models fearlessness during the storm, while his disciples are terrified, he is fast asleep! What can we as Christ-followers learn from Jesus' behaviour in the midst of crisis?

4) Read verse 39 - 41

Jesus exercises his authority over both the cause and effect of the storm and rebukes his disciples' lack of faith. Verse 41 implies they ended up more terrified of Jesus than the storm!

What do you think caused this new category of fear? How do you think their response is helpful for us to learn from when we face our own storms and fears?

5) Both Rigby and Paul quoted Augustine when addressing the issues of fear and insecurity. Augustine said, "We are immortal until our work on earth is done". Discuss this statement in light of facing and overcoming fear and insecurity in our own lives.

IT Happens: INSECURE

INSECURE: *Not sure or certain; doubtful*

We all can relate to the feeling of insecurity. Be courageous in sharing with the group a time you felt most insecure in the past few years.

Romans 8 31-39

Read 31-32

These verses affirm that God already has given up His son for us, what more is promised to us at the end of these verses. (God provides us with all things). Does our culture really believe this? Do you think we try too hard to preserve our own lives instead of trusting God to simply provide for our basic needs, love, food, employment etc.

Read 33-36

Do we ever feel we are not good enough for God? Or that salvation is for everyone else but us? Find the two promises in these verses that secure our position to God's love. (We are chosen, nothing shall separate us from his love). What kinds of daily thoughts, struggles or hardships do we face that will make us doubt this position with God.

Read 37-39

37 Through what are we more than conquerors? After studying this passage can we say that there is anything we do to add to our feeling of security? How does this free us to live full and courageous lives? (we live confidently on the life of Christ and the power of the Holy Spirit)

Pray together

Read Isaiah 41 v 1-13

End the evening in a time of worship or prayer reaffirming the greatness of God and his promise never to leave us or forsake us in the midst of our own personal storms. Pray for our fear of circumstances to be replaced by a reverent fear of our awesome God.

Create space and opportunity for ministry time, praying for assurance and courage for those who find themselves in the middle of the storm.