



## The Monsters of Fear – Week 1

**Text:** Mark 6:47–51

**Complementary Reading:** Psalm 27:1–3, 13–14

### Icebreaker

- What's something that used to scare you as a child — and looking back now, seems kind of silly?

### Discussion Questions

#### 1. God Sees You

- In Mark 6:48, Jesus “*saw the disciples straining at the oars.*” How does knowing that God sees your struggle change how you deal with fear?
- Have you ever felt unseen during a storm? What helped you hold on?

#### 2. Fear Distorts Our Perception

- The disciples mistook Jesus for a ghost. Can you think of a time when fear caused you to misinterpret what God was doing?
- How does fear “twist the story” of your circumstances?

#### 3. Fear Paralyzes Our Faith

- Jesus said, “*Take courage! It is I. Don't be afraid.*” Why is it so hard to believe that when the storm is still raging?
- How do faith and fear compete for our attention in moments of crisis?

#### 4. Fear Can't Stand in His Presence

- The storm didn't calm until Jesus stepped into the boat. What would it look like for you to “invite Jesus into the boat” of your current fear or anxiety?
- How might you remind yourself of God's presence when fear starts to rise again?

### Going Deeper

Read Psalm 27:1 aloud.

“The Lord is my light and my salvation — whom shall I fear?”

What would change in your life if you really lived as though this were true?

### Prayer Focus

Pray for courage to face your “monster of fear.”

Ask Jesus to step into your storm, calm your heart, and give you peace in His presence.