

# emojis

controlling your **emotions**, before they control you.

## Week 5 - 🙈 Fear: What if?

**Most people live their lives in one of two places that will steal joy from today:**

1.

2.

**The Definition of FEAR:**

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**1. Fear begins where \_\_\_\_\_ feels lost.**

**2. Fear controls you with " \_\_\_\_\_ ?"**

**3. Fear is always defeated with \_\_\_\_\_.**

**Fear** causes us to live in: "What If?"

**Faith** allows us to boldly declare: " \_\_\_\_\_ If!"

Faith is not built on \_\_\_\_\_. Faith is built on \_\_\_\_\_ is.

Guilt says: "I wish I could go \_\_\_\_\_."

Fear says: "I wish I could see \_\_\_\_\_."

Faith says: " \_\_\_\_\_ is with me right now!"

# **LIFEGROUP STUDY QUESTIONS**

## **FIRST THINGS FIRST**

1. If you could actually use a remote to control life, which button would you abuse the most—rewind, pause, or fast forward? Why?
2. What's something you worried about in the past that never actually happened?

## **DIGGING DEEP**

1. Are you a person who is more likely to dwell on the past or stress about the future?
2. In the story from Mark, Jesus told the disciples they were going to the other side *before* the storm came. Why do you think we so quickly forget what God has already said when life gets hard?
3. The disciples said, "*We are perishing*"—even though they weren't. Why do you think fear pushes us to assume the worst-case scenario so quickly?
4. Jeremy said: "Fear begins where control feels lost." Why is control such a big deal to us spiritually? What does our need for control reveal about our trust in God?
5. In the boat, Jesus was asleep while the disciples were panicking. What does that contrast reveal about the difference between fear and faith?
6. Jeremy pointed out that fear speaks in "what if." What are some common "what if" thoughts people tend to live in? Why can living in "what if" become dangerous over time?
7. Read Daniel 3:13-18. What stands out to you about their "even if" faith? How is that different from the way we often think about trusting God?
8. Jeremy said: "Faith is not built on outcomes—it's built on who God is." Why does it seem to be so easy to base our faith on outcomes instead of God's character?
9. What is the difference between a system where you constantly have to "make up for things" and what Hebrews 10 describes?
10. Read 1 John 4:18. What does it mean that "perfect love casts out fear"? How does understanding God's love change how we handle fear?

## **TAKE IT HOME**

1. What is one specific "what if" thought you've been dealing with lately?
2. How can you intentionally replace that "what if" with an "even if" this week??
3. What would it look like for you to "stay in the boat" with Jesus instead of trying to control the situation?