

## Discipleship Guide: When Fear Does Not Have the Final Word

**Focus:** Fear often grows when we face sickness, aging, grief, and uncertainty about the future. These fears are real, but they are not ultimate. This week, we reflect on how Christ meets us in the middle of fear and how resurrection gives us hope that fear does not have the final word.

### Day 1: Trusting God with What I Cannot Control

**Scripture:** *Matthew 6:27 (CEB)*

*Who among you by worrying can add a single moment to your life?*

#### **Reflection:**

Much of our fear comes from realizing that there are things beyond our control. Jesus reminds us that worry cannot add even a single moment to our lives. Faith begins when we trust God with what we cannot hold ourselves.

#### **Questions:**

What are you trying to control right now because of fear?

How does that fear affect your peace or trust in God?

What is one thing you can intentionally release to God?

#### **Prayer:**

God, help me release what I cannot control and trust that You are with me in every moment. Amen.

### Day 2: Christ Meets Me in My Fear

**Scripture:** *John 11:25–26, John 14:18–19, 25–27 (CEB)*

**11** <sup>25</sup> Jesus said to her, "I am the resurrection and the life. Whoever believes in me will live, even though they die. <sup>26</sup> Everyone who lives and believes in me will never die. Do you believe this?"

**14** <sup>18</sup> "I won't leave you as orphans. I will come to you. <sup>19</sup> Soon the world will no longer see me, but you will see me. Because I live, you will live too... <sup>25</sup> "I have spoken these things to you while I am with you. <sup>26</sup> The Companion, the Holy Spirit, whom the Father will send in my name, will teach you everything and will remind you of everything I told you. <sup>27</sup> "Peace I leave with you. My peace I give you. I give to you not as the world gives. Don't be troubled or afraid.

#### **Reflection:**

Jesus speaks words of resurrection in the middle of grief. Christ does not avoid suffering but enters into it with us. We are never abandoned in our fear or pain.

#### **Questions:**

Where do you most need to remember that Christ is with you right now?

How does Christ's presence change the way you face fear?  
What is one way you can remind yourself that you are not alone? ?

**Prayer:**

Jesus, thank You for remaining near in every season of life. Help me remember that I never walk alone. Amen

**Day 3: Trusting God More Than My Fear**

**Scripture:** 1 Corinthians 15:53–54 (CEB)

<sup>53</sup> *It's necessary for this rotting body to be clothed with what can't decay, and for the body that is dying to be clothed in what can't die.* <sup>54</sup> *And when the rotting body has been clothed in what can't decay, and the dying body has been clothed in what can't die, then this statement in scripture will happen:*

*Death has been swallowed up by a victory.*

**Reflection:**

Resurrection changes how we see fear, suffering, and death. The Christian story does not end in loss but in life. Because of Christ, fear does not have the ultimate say.

**Questions:**

What fear about the future weighs most heavily on you right now?  
How does the promise of resurrection speak into that fear?  
What is one way you can live with hope instead of fear?

**Prayer:**

God of resurrection, help me hold onto hope even when fear feels strong. Remind me that the worst thing is never the last thing. Amen.

**Day 4: God Remains Faithful in Every Season**

**Scripture:** Psalm 23:4 (CEB)

*Even when I walk through the darkest valley,  
I fear no danger because you are with me.  
Your rod and your staff—  
they protect me)*

**Reflection:**

Even in the darkest valley we face in life, God remains present. Faith does not mean that there will be no difficult seasons in our lives. It means trusting that God walks with us through them.

**Questions:**

What difficult season are you walking through right now?  
Where have you experienced God's presence in the middle of hardship before?  
What is one practice that can help you stay aware of God's presence ?

**Prayer:**

Faithful God, remind me that you walk with me through every season of life. Help me trust that Your presence always remains near. Amen

**Day 5: Living with Hope**

**Scripture:** John 14:1-3 (CEB)

<sup>1</sup> "Don't be troubled. Trust in God. Trust also in me. <sup>2</sup> My Father's house has room to spare. If that weren't the case, would I have told you that I'm going to prepare a place for you? <sup>3</sup> When I go to prepare a place for you, I will return and take you to be with me so that where I am you will be too.

**Reflection:**

Jesus speaks hope to fearful hearts and reminds us that we belong to God. Christian hope is not wishful thinking. It is trust rooted in the faithfulness of Christ.

**Questions:**

What helps you hold onto hope when life feels uncertain?

How has fear shaped the way you think about the future?

What is one way you can intentionally live with hope?

**Prayer:**

Jesus, help me live with hope instead of fear. Teach me to trust Your promises and rest in Your peace. Amen.

**Closing Prayer:**

God of life, of hope, of peace, remind me that fear does not have the final word. When I feel overwhelmed, help me trust in Your presence. When I struggle with uncertainty, remind me that Christ walks with me and that resurrection is stronger than fear. Teach me to live each day with hope, trust, and peace. In Christ's name, Amen.