

SCARED SPITLESS

ESCAPING THE GRIP OF
PARALYZING FEAR

Part 2: The Fear of Now
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In his book *Scared to Life*, author Douglas Rumford says:

60% of our fears are totally unfounded

20% of our fears are already behind us

10% of our fears are so petty they don't make any difference

5% of the remaining 10% are real, but there is nothing we can do about them

That leaves only 5% that we can actually do something about

Luke 8:22-25

²²One day Jesus said to his disciples, "Let's go over to the other side of the lake." So they got into a boat and set out. ²³As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

²⁴The disciples went and woke him, saying, "Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. ²⁵"Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him."

In their moment of crisis, the disciples had no control of:

1) Jesus' agenda (vs. 22)

Jesus was going to save them IN the storm, not FROM the storm.

2) The lack of fear in Jesus (vs. 23)

3) The storm (vs. 23)

4) The boat (vs. 23)

5) Their direction (vs. 23)

6) Their emotions (vs. 24)

7) Their faith (vs. 25)

8) The Savior (vs. 24-25)

The hard truth for people who desire control:

I have never been in control.

I'm not in control now.

I will never be in control.

(Continues on back)

Harder Truths

- 1) Fear occurs when we disconnect ourselves from God

Jesus' Question: Where is your faith?

- 2) You must train yourself to trust in God regardless of your circumstance

You will keep in perfect peace him whose mind is steadfast, because he trusts in you. – *Isaiah 26:3*

You will respond to any storm the way you are trained.

– Jack Groppe

- 3) You must put your fear in the right place (*In fear and amazement they asked...*)

Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil. – *Ecclesiastes 12:13-14*

The fear of the LORD is pure, enduring forever. The ordinances of the LORD are sure and altogether righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb.

– *Psalms 19:9-12*

The answer to the disciples' question, "Who is this?"

He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him. – *Psalms 103:10-11*

Next Steps:

- Accept the Prince of Peace as Lord and Savior of your life
- Receive prayer from a member of our After Service Care Team
- Fear and Anxiety Workshop – Saturday, October 18th

On your way home:

How many of your fears are actually real? All? Half? A few? One?

Small Group Discussion Questions



- 1) What are the positive aspects of fear?
- 2) Have you ever experienced a moment when you thought you were going to die? What did you do? Did it change your life?
- 3) Jesus saved the disciples in the storm and not from the storm. Does that change the way you view trials and painful seasons in life? What other lessons can you learn from the story?
- 4) What do you believe "the fear of God" means?
- 5) How do you know when you are experiencing perfect peace?
- 6) How can we pray for you tonight?