

IMMEDIATE FEARS

10. a. Have you experienced anything in recent times that has presented an “immediate fear?”
b. Did your faith apply in any way to the situation or did you become too frightened to even think about faith?

11. **Read Mark 4:35-41**
 - a. What are the emotions of the disciples?
 - b. How do their emotions change during this short story?

12. a. What are the emotions of Jesus in this story?
b. What does this story tell us about our fears?
c. Have you ever panicked and forgotten about the presence of Christ?
d. Why do you think it was a precious story for the early Church?

FEAR GOD?

13. a. The Bible tells us to “fear” God. What do you think that means?
b. Have you been brought up with the idea that you should fear God?
c. Has your understanding of what that means changed over the years?

14. **Read Deuteronomy 10:12.**
How does this verse help us understand what it is to fear God?

15. **How would you complete this prayer?**

Lord, Help me to be sensible with my fears about...

DONCASTER CHURCH OF CHRIST

2022

Study 2

COPING WITH FEAR

1. Which of the following is most likely to cause fear for you?

- a. A snake in the back yard.
- b. A spider in the car.
- c. An oxygen mask drops while you are flying.
- d. Your son is driving the car.
- e. A fin in the water.
- f. When the lift breaks down.
- g. You are told to evacuate your house because of bush fires.
- h. Something else?

2. Can you identify with any of these deeper fears?

- a. Being made redundant.
- b. Failure.
- c. Being left alone.
- d. A painful death.
- e. Cancer.
- f. Hell.
- g. Growing old.
- h. Not being in control.
- i. Another pregnancy.
- j. Something else?

3. When you have been through a time of “immediate fear” or when some of your deeper fears come to the surface what effect does it have on you:

- a. Physically?
- b. Emotionally?
- c. Spiritually?

4. Can you see any pattern in the following scenarios?

- a. A middle aged man refuses to have a blood test for prostate cancer because he believes, “If you have it, what difference will it make?”
- b. A mother searches through her daughter’s bedroom each week searching for contraceptives and drugs.
- c. A middle-aged woman spends a fortune on anti wrinkle creams.
- d. A 64 year-old man argues with his wife when she wants to discuss his retirement plans.
- e. Young parents opt for a Christian School for their children as they are concerned about “worldly influences” in the government system.

PRAYER AND FEAR

5. Read Philippians 4:4-7

- a. What are the circumstances in which Paul writes the letter?
- b. What steps does Paul suggest to take towards finding the peace of God?
- c. What emotions and attitudes does he suggest?

- 6. a. Do you have some deep-seated fears that you rarely talk about?
- b. When you think about your deep-seated fears, how does prayer work for you?

STABILITY AND COPING WITH FEAR

- 7. a. Do you know people who just seem to “sail through” issues that would worry you? How do they do it?
- b. When you are confronted with an immediate fear or a long-term fear, do you panic, freeze or go in to a calm, “We can work this out” mode?

8. Read Jeremiah 17: 7-8

- a. How do you react these verses?
- b. What do you think Jeremiah means when he speaks about “when the heat comes” or “in the year of the drought”?

- 9. a. What type of person is Jeremiah describing in these verses?
- b. Are you like the person Jeremiah describes?
- c. Do you know people like that?
- d. Do you know people who are the opposite of what is described here?
- e. What difference does it make to be a person who “trusts in the Lord”?