



Welcome to our 4-week FAITH study. We pray that this study will allow you to grow closer to God, strengthen your faith, and deepen your knowledge and understanding of God's Word.

Week 3: Choose Faith Over Fear

FAITH is defined as: the substance of things hoped for, but the evidence of things not seen

- Faith is CHOICE and we must CHOOSE it over fear

Key Scriptures:

Mark 4:35-41 That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Discussion Questions:

1. What did Jesus tell the disciples before they got on the boat?
2. What did the disciples learn about their faith?

Reflection:

1. Think of a time when you chose fear over faith.
2. What can we learn from Jesus's response to the storm and to the disciples?
3. Recall a time where you chose FAITH over fear.