

**2024 SPRING CONNECT GROUPS**  
**'GET REAL' WEEK 2: REAL PEOPLE HAVE FEARS**  
**Week of April 14-20th**

**Introduction:** The big idea: "Real people have fears, but fear doesn't have to control you."

**Summary:** Having fear is a part of being human, in fact some fear can be healthy, but there's also a type of fear that seeks to have control over us and can cause us to live in fear instead of faith. In this message we looked at Mark 4:35-41 and looked at three lies that fear tell us: 1. **You're All Alone**, 2. **God Can't Be Trusted**, and 3. **You're Not Going To Make It**. We also looked at three truths that God tells us in Isaiah 41:10: 1. **God is With You**, 2. **He is Your God**, and 3. **He will strengthen, help, and uphold you**.

In this message we looked at principles such as:

- Recognizing different types of fear: fear of failure, rejection, loss, being alone, death, unknown, etc.
- The enemy seeks to normalize fear in our society and lives.
- Fear has an insatiable appetite that many continually feed.
- There's a difference between having fear and fear having us.
- The biggest paralyzer of fear is: "What If..." ('What if I fail', 'what if something bad happens', etc.)
- We can turn our "What If's" into "Even If's" ('Even if I fail, God is still faithful', etc.)
- Fear plays three roles: A Manipulator, a Liar, and a Thief. Fear will control you, rob you, and will use what's real to tell a story that's not true.

**Scriptures to Explore:**

1. **Mark 4:35-41**
2. **2 Timothy 1:7**
3. **1 John 4:18**

**Discussion Questions:**

1. Share with the group some fears that you've had previously throughout your life (maybe as a child or young person). What do you think are some of biggest fears that you face in your life currently?
2. What is one principle or point from this week's message that specifically spoke to you, and why?
3. In the story in Mark 4:35-41, what do the disciples' actions during the storm reveal about how they initially responded to fear? When we think about how we respond to fear, are our responses similar to or different from the disciples' reactions?
4. In reading 2 Timothy 1:7, why is it important to recognize that things like fear, timidity, etc. do not come from God? And how does knowing and receiving God's love help us against fear (1 John 4:18)?
5. How does the three promises of God in Isaiah 41:10 give us comfort as we face our fears? What would our lives look like if we lived out of these promises instead of living out of fear?

**Personal Application:** Identify an area of your life that causes you to fear. Write down exactly what the fear is telling you about that situation, and then write a promise from God that will give you hope and assurance in facing that situation. Ask God to help you focus on the promise instead of the fear.

**Prayer**