

# Why Are You So Afraid?

Group Questions for September 27, 2026

*Honest to God* - Message 3

## **Welcome & Check-In**

- Share one way you saw God at work in this past week.
- Icebreaker option: What is the most courageous thing you've ever done?

## **FOLLOWING JESUS: Scripture & Reflection**

- Read Mark 4:35-41 out loud as a group.
  - What words or phrases stand out to you?
  - What questions do you have?
- Why do you think Jesus led the disciples into the storm?
- What do you make of Jesus sleeping during the storm? Have you ever felt like he slept through your storm? If so, share a time.
- Why do you think Jesus connects the disciples' fear with their faith in verse 40? What might a faithful response to the storm have looked like?
- In your opinion, what is the difference between the disciples' fear of the storm and their fear after the storm was calmed (v. 41)?

## **IN COMMUNITY: Sharing & Support**

- Throughout Scripture, God seems to care a lot about our fears. Why do you think that is?
- On Sunday, Ryan said that fear is the result of a threat seeming bigger than the resources we have to handle it. Agree or disagree? Are there any other variables you'd add?
- What fear are you carrying right now? What might be underneath that fear?
- What stories do your fears tend to tell you about yourself? About God?
- When you feel threatened or afraid, what do you tend to reach for? How does your fear show up? Control, anger, withdrawal, distraction, something else?
- **What is Jesus saying to you through this passage? How do you feel about it?**

## **ON MISSION: Next Steps**

- What is one courageous step you can take this week, even if the fear doesn't go away? Do you intend to do it? How can the group pray for you?
- Revisit and add to your prayer list, then pray for one another.