

## WEEK 2

## FEAR

Fear is a universal experience. Though no one knows the exact number, most experts say that there are over 500 catalogued phobias. If something exists, there's probably someone who's afraid of it. Some fears are fairly common. It's estimated that up to 40% of Americans have aerophobia, the fear of flying. Anyone who's ever explored a dusty attic or crawlspace knows how suddenly arachnophobia (the fear of spiders) can set in. Ophidiophobia may sound complicated, but it's actually one of the most elementary fears of all: the fear of snakes. Regardless of your exact phobia, we all know what it's like to be afraid.

In Luke 8, Jesus' disciples faced a situation that would have made naviphobics out of just about anyone (that's the fear of boats, by the way). As they sailed across the Sea of Galilee, a violent storm overtook them. With water beginning to fill their boat, death seemed imminent. The only thing rising faster than the water level was their fear. Struggling to save themselves, they turned to Jesus for help. Imagine their surprise when they found Him asleep! What threatened to sink them didn't even shake Him! Jesus ended the storm with a mere word. The lightning and thunder ceased. The waves calmed. All it took was the presence and power of Jesus.

What's true of literal storms is also true for metaphorical ones. The storms of life can pour fear into our hearts—uncertainty, bitterness, doubt. The waves can start to look like walls, boxing us in and keeping us stuck. They make us forget that Jesus is in the boat with us. He isn't panicked, but present. Fear wants to paralyze us, but Jesus calls us to move forward.

At Southeast, MOVE is about stepping out in faith—worshiping, connecting, serving, giving, and going—even when the waves feel overwhelming. We overcome fear not by denying it, but by trusting the One who is greater than the storm. The question is, will we let fear keep us stuck, or will we move with Him?

## PERSONAL REFLECTION QUESTIONS

Read Luke 8:22-25. What happened when the disciples encountered a storm on the Sea of Galilee? What do we learn in this story about who Jesus is and what He can do?

In what ways are fear and faith opposites? What are some of the fears that keep you from stepping out in faith? What would it look like for you to give those fears over to Jesus?

What storms are you currently facing? How would it change your perspective to know that Jesus is in it with you?

The storms that threaten us will either grow our faith or our fear. What are some practices that can help you grow your faith in the middle of the storms?

What would it look like for you to move with Jesus today? Is there a step of boldness you've been hesitating to take?

Read This Week's Text  
LUKE 8:22-25

Check Out This  
Week's Video



