

NO FEAR

3. Secure in the Knowledge

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Mark 4.36-41

³⁹ *He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm.*

⁴⁰ *He said to his disciples, 'Why are you so afraid? Do you still have no faith?'*

- **Trapped.** Have you ever felt trapped by storms of fear and anxiety? What was (or is) your experience and how did it affect you?
- As well as 'Thinking Traps', Clare talked about 'Reaction Traps' – Escapism (addictive behaviours, porn etc), Control, and Ruminating/Fretting. Can you identify with these at all? Did this make sense to you?
- **Transformed.** Jesus wants to change our perception of the storm, to show us how to react in faith when the storm comes. What would this look like in your situation?
- Which of the three strategies that Clare share could you put into practice in your life – Get Rooted (know your place of adoption in God's family), Don't Fret but Meditate, and Speak to your Storm? How will you do this in practice?
- **Training.** Clare's final point was that God wants to use the storms to train us to be 'storm calmers' and those who can rest peacefully, even in challenging circumstances. How did Rachel demonstrate this last week? What would this look like in your situation – and is it even something that you want?

Pray in smaller groups for one another. Pray for a greater rootedness in God. Pray that Jesus would reveal his power to us and allow us to find greater faith in him. Pray for freedom from the reactive traps of addiction, pornography, control and ruminating. Ask the Holy Spirit to give us more of his power and presence to help transform us and train us for wholeness.

Finally, pray that we would be storm calmers that bring peace to those around us, as well as ourselves. Pray for your non-church friends to be able to get the benefit of this as well.