

<sup>38</sup> 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?" <sup>39</sup> He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. <sup>40</sup> He said to his disciples, "Why are you so afraid? Do you still have no faith?" <sup>41</sup> They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Mark 4:38-41 (NIV)

- Faith is trust.
- Fear is the absence of trust in God.
- God allows us to be in circumstances to test and build our faith in who He is and what He can do.

Mark 5:1-6 (The man with an unclean spirit approaches Jesus)

<sup>14</sup> Those tending the pigs ran off and reported this in the town and countryside, and the people went out to see what had happened. <sup>15</sup> When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid. <sup>16</sup> Those who had seen it told the people what had happened to the demon-possessed man—and told about the pigs as well. <sup>17</sup> Then the people began to plead with Jesus to leave their region. <sup>18</sup> As Jesus was getting into the boat, the man who had been demonpossessed begged to go with him. <sup>19</sup> Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you." <sup>20</sup> So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.

Mark 5:14-20 (NIV)

- Those who lost their pigs were afraid of Jesus because Jesus was a <u>threat</u> to their convenience, and Jesus was in conflict with their way of life.
- The demon-possessed man experienced who Jesus was and had no fear to share his story of all Jesus did for him.

Mark 5:21-24 (Jairus approaches Jesus)

<sup>30</sup> At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" <sup>31</sup> "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' " <sup>32</sup> But Jesus kept looking around to see who had done it. <sup>33</sup> Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. <sup>34</sup> He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering." Mark 5:30-34 (NIV)

#### When our fears and pain bring us to Jesus, Jesus affirms our faith in Him.

<sup>35</sup> While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. "Your daughter is dead," they said. "Why bother the teacher anymore?" <sup>36</sup> Overhearing what they said, Jesus told him, "Don't be afraid; just believe." <sup>37</sup> He did not let anyone follow him except Peter, James and John the brother of James. <sup>38</sup> When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. <sup>39</sup> He went in and said to them, "Why all this commotion and wailing? The child is not dead but asleep." <sup>40</sup> But they laughed at him. After he put them all out, he took the child's father and mother and the disciples who were with him, and went in where the child was. <sup>41</sup> He took her by the hand and said to her, "Talitha koum!" (which means "Little girl, I say to you, get up!"). <sup>42</sup> Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. <sup>43</sup> He gave strict orders not to let anyone know about this, and told them to give her something to eat.

Mark 5:35-43 (NIV)

# Trust is the antidote to fear.

There is no fear in love. But perfect love drives out fear 1 John 4:18 (NIV)

"Fear cannot co-exist with faith in God."



**TEACHING BIG IDEA:** 

When I trust in God's love, I am fearless.

<sup>15</sup> If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. <sup>16</sup> And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. <sup>17</sup> This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. <sup>18</sup> There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. <sup>19</sup> We love because he first loved us. <sup>1</sup> John 4:15-19 (NIV)

- I have no fear when I understand and trust in the love of God.
- I will not fear what anyone can say about me or what they can do to me.
- I will not fear anything that can happen to me or to those close to me.
- I will not fear because I know where I stand in God's love.



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# **TEACHING SUMMARY:**

"Fear cannot coexist with faith in God" - Kasey Robinson

Fear can hold us captive and stop us from doing a variety of things. Fears can stop you from doing mundane daily activities, stop you from taking chances, stop you from chasing your dreams, even stop you from engaging with society.

Fear is something that, if left unaddressed, can be debilitating.

But in Christ, we find the answer to our fears. In Christ, we find perfect Love in the form of Jesus' life, death, and resurrection.

When we depend upon Jesus and trust in His love we have nothing to fear. We have nothing to fear because nothing is outside the rule and reign of Jesus.

### **TALK IT OVER:**

Is there something you were once scared of that you now look at and wonder why? If so what was it?

What is an area where you struggle with fear in your life now?

Do you believe that Jesus' love is enough to face down those fears and rely on Him alone?

What is stopping you from trusting Jesus in that situation and living fearlessly because of His love?

What is one next step you can take today?

# **DAILY BIBLE READINGS:**

Day 1: Proverbs 3:1-8

Day 2: Psalm 25:1-10

Day 3: Psalm 37:1-9

Day 4: Psalm 40:3-5

Day 5: John 21:1-14; 1 Corinthians 15:1-8

Day 6: 2 Corinthians 4:1-15