

**Series: Peaceful Hearts in Anxious Times**  
**Study 1: Fear and Anxiety, Jesus in the Storm**  
**Sunday October 24, 2021**

**Discussion Starter:** A recent NZ article described NZ as experiencing an epidemic of anxiety. What is your response to this?

**Digging Deeper in the Word**

1. God commands us hundreds of times in Scripture: “Do not be afraid”. Reflect on this. Why do you think this is such a big concern for God? You may be able to think of examples in Scripture.
2. In Mark 4:35-41 and Mark 6:45-52, the disciples experience fear in a storm. Make some observations, then ask: what big lessons do you think Mark is giving us?

**Applying to our Hearts**

3. What is the closest thing to a “storm” that you have experienced? What was it like? What did you learn that is helpful for you now?
4. Have you had any experience with anxiety? Take some time to share.
5. There are many helpful ways to address fear and anxiety. What are some of these that have helped you?
6. What would you say is the distinctively Christian way to flourish through fear and anxiety?

**Where to from Here?**

7. Read 1 Peter 5:6-7 and spend some time “casting”!
8. Ensure your group knows about the Richard Black seminar on Sunday November 7, 2-5pm at Hope Church. We’d love you to sign up and attend.