

DO IT SCARED

Part 1: "Don't Get Too Comfortable"

Introduction

When faced with something that scares us, or when we're faced with something that's difficult, when we face adversity, when we face something uncomfortable or even unfamiliar, the human tendency is to back down, close the door, and walk away. How do you cultivate more courage in your life?

Discussion Questions

1. What is your biggest fear? Public speaking? Spiders? Closed spaces?
2. Has *fear* ever held you back from moving forward in life? What was that fear and how did you address it?
3. Living courageously puts us in vulnerable positions. As a result, comfort and courage cannot co-exist. Was there ever a time when you chose to be comfortable over being courageous?
4. Read Matthew 14:22-33. Peter was scared. But Jesus invited him to take a step of courage. So Peter left the comfort of the boat and took a step onto the water. What part(s) of this story resonates with you the most?
5. The focus of this story is not about Peter, it's actually about Jesus. Yes, we learn something about Peter. But more importantly, we learn more about Jesus' trustworthiness. How did this experience change Peter's faith and his relationship with Jesus?
6. Think about the different areas of your life right now where you're wrestling with fear. What area is God challenging you to pursue courage over comfort?

Moving Forward

What might your comfort be costing you? What might your comfort be costing others? What might your comfort be costing the kingdom of God? What if your comfort is costing you more than you should be comfortable with? Maybe we'd all do well to not get too comfortable.

Changing Your Mind

But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."
-Matthew 14:27