

Welcome to Digging Deeper

We've launched this weekly blog series to help you engage more deeply with Sunday's message. Whether you're new to church or have been following Jesus for decades, these questions will help you reflect and apply the truths we explore each week.

Why Are You So Afraid?

[Mark 4:40](#)

Pastor Scott George

June 28, 2026

Introduction

Fear is one of those universal human experiences that doesn't discriminate. Whether you're facing a major life decision, navigating uncertainty at work, or wrestling with anxiety in the quiet hours of the night, fear shows up uninvited. But here's what this week's message reveals: the presence of fear doesn't mean you lack faith. As you reflect on this message, consider what fears have been weighing on you and what it means to trust Jesus even when the waves feel overwhelming.

Reflecting on the Passage

1. In [Mark 4:37-38](#), the disciples are terrified as waves crash over their boat, yet Jesus sleeps peacefully in the stern. What does Jesus's calm suggest about His perspective on the storm? What would it look like for you to have that same kind of peace in your current circumstances?
2. In [Mark 4:37-38](#), the disciples are terrified as waves crash over their boat, yet Jesus sleeps peacefully in the stern. What does Jesus's calm suggest about His perspective on the storm? What would it look like for you to have that same kind of peace in your current circumstances?

Personal Application

1. Pastor Scott identified ten capabilities of fear: Paralyze, impact decisions, destroy inner peace, damage health, blur vision, isolate, rob joy, trap, open the door to sin, or steal testimony. Which of these are active in your life right now? What's one small step you could take this week to resist it?

2. Recall a time when God proved faithful to you in a difficult season. How can you remind yourself of that faithfulness the next time fear tempts you to doubt?

Exploring Faith

1. Max Lucado said, "Make your fear a visitor and not a resident." What does that mean to you practically? How can you welcome fear without letting it move into your heart permanently?
2. Tim LaHaye observed, "Fear is an inhibitor that has kept more people from fulfilling their destiny than any other one emotion." What dreams or callings might fear be keeping you from pursuing? What would you attempt if you truly trusted God?

Community Impact

1. Just as the disciples needed Jesus in the boat with them, people around you need to know they're not alone. What would it look like to be Jesus's hands and feet to them?
 2. How can we help our community grasp that God is trustworthy enough to surrender our worries to Him? What spiritual practices could we encourage together?
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Closing Thoughts

Fear will visit everyone. When you face storms, remember that Jesus is in the boat with you. When waves crash in and panic sets in, you have a choice: hold tight to your anxiety, or hold tight to the One who commands the winds and waves. This week, practice recalling God's faithfulness, remembering His promises, and resting in His sovereignty. The storms may not disappear, but your response to them can be completely transformed.

We hope these questions lead you into deeper conversations with God and with others. Join us again next week for more ways to dig deeper into God's Word and grow in faith together.

Grace and peace,

The Belle Isle Community Church Team