**Live on Your Own**

**Day 1: Sink or Swim**

Review the video for this session.

**Engage**

Read [Matthew 14:22–33](https://ref.ly/logosref/Bible.Mt14.22-33).

**Consider**

We see Peter’s courageous spirit in his willingness to be the one to ask to step out of the boat with Jesus. However, Peter’s mind quickly changed once he experienced the magnitude of the storm around him. This caused him to let fear of his surroundings keep him from the One who had created all the world. Little did Peter realize that Jesus was never going to let anything happen to him in this storm. Jesus was always there, and He is always here with you, too.

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| **QUESTION**What’s the most difficult area of your life to trust Jesus in? |

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| **QUESTION**What fears or doubts keep you from taking bold steps to get outside the boat as Peter did? |

**Reflect**

We must keep in mind that there will be things that happen in life to cause chaos for us, too. Like Peter, we must have the courage to step toward Jesus and walk with Him. However, we can learn from Peter’s encounter what happens when we allow the fear of what’s going on around us to distract us from Jesus. When we no longer trust Jesus will be there with us, life may feel as if it’s swallowing us up like an ocean.

The good news is, Jesus will always be right there to reach out and grab us when we cry out to Him. He does this because He truly is the Son of God.

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| **QUESTION**What’s one thing you could do to keep your eyes on Jesus to help you walk through this time? |

**Activate**

Life has many surprises for us. It’s filled with ups and downs. Sometimes we find ourself full of joy, and other times we may be depressed, frightened, or lonely. Perhaps you’ve felt all these emotions and more. Jesus understands. This was one reason He spent so much time with His disciples. Through each of these moments, He was present with real people in real-life situations, and He showed them how to respond.

Think of a way you could do something to show others you trust Jesus with every part of your life. Choose to pray for someone else who is in need and feels as though they’re sinking. Consider sharing an encouraging word with them, writing them a note, or sending them a text to remind them to trust Jesus more.

**Pray**

Dear Jesus, thank You for inviting me to trust You. You are always there with me, no matter how difficult my surroundings may be. Please help me to live in such a way that others can see how trustworthy You are as well. Amen.

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**Day 2: God Didn’t Give It to You**

**Engage**

Read [2 Timothy 1:3–11](https://ref.ly/logosref/Bible.2Ti1.3-11).

**Consider**

The apostle Paul wrote this to Timothy, a younger follower of Jesus. Even though Timothy had genuine faith, Paul still mentored him. Like Timothy, we need to continually learn from God’s Word so we can grow in our faith. Sometimes fear can be so powerful that it feels as though it just takes control over us, and we have no power. It almost feels as if our hands are tied behind our back, and there is no way out. God’s Word tells us otherwise.

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| **QUESTION**Does following Jesus mean we won’t suffer? (Verse [8](https://ref.ly/logosref/Bible.2Ti1.8)) |

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| **QUESTION**What does God give us to combat fear? |

**Reflect**

As we get to know God more, we discover that His love for us can help us push through fear. He gives us the strength to continue when we’re facing something difficult. Lastly, He gives us the ability to have self-discipline. This allows us to continue to build our relationship with Him.

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| **QUESTION**What are some areas in your relationship with God that you need more discipline in? |

**Activate**

This week, try to memorize [2 Timothy 1:7](https://ref.ly/logosref/Bible.2Ti1.7) to help when you’re in a situation that makes you feel fearful. Make it your home screen or lock screen on your phone or computer.

**Pray**

Dear God, thank You for Your Word that reminds me that You didn’t give me a spirit of fear. Instead, You give me power, love, and self-discipline. Help me to learn what it looks like to walk in those three things and not fear. In Jesus’ name, I pray. Amen.

**Live on Your Own**

**Day 3: Stay Calm**

**Engage**

Read [Exodus 14:10–22](https://ref.ly/logosref/Bible.Ex14.10-22).

**Consider**

As Moses led the Israelites away from Egypt where they had been slaves, the Israelites witnessed miracle after miracle as God delivered them from the hand of the Egyptians. Yet, their hearts quickly returned to fear, and they seemed to lose all trust that God would continue to provide. Then at what seemed like the last possible moment, God told Moses to part the Red Sea, and they continued forward toward freedom.

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| **QUESTION**Why do you think the Israelites started to fear once again? |

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| **QUESTION**What would you have done if you were in their situation? |

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| **QUESTION**Do you think it’s easier to live in fear or faith? Why do you think this? |

**Reflect**

It’s amazing how many times God shows us we can trust Him to provide, and yet we still doubt at times. The Israelites were backed into a corner and almost seemed to have completely forgotten all God had done for them. Even though God had proven himself, their fear seemed to blind them to what God can do. We’re often not any different. We see the difficult things in front of us, and fear keeps us from seeing what God is doing. The key to living a courageous faith is continually reminding ourself of what God has done in the past. Today’s Bible story is one of those reminders.

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| **QUESTION**What are one or two things in your past that have proven to you that God takes care of you? |

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| **QUESTION**Why do you think we can easily forget moments like that when God has taken care of us? |

**Activate**

Because we often forget the good God has done for us, consider making a note in your phone, Bible, or journal each time God proves His trustworthiness to you. That way, when fear and doubt creep in, you can go back and remind yourself that God has gotten you through things in the past. He can do it again.

**Pray**

Dear God, thank You for always guiding my steps. I’m sorry I don’t always remember the incredible ways You have taken care of me in the past. I ask for Your Holy Spirit to remind me of all the ways You can be trusted when I start to forget or doubt. I also ask that You help others who are following You to live in faith and to grow in their trust in You, too. Amen.

**Live on Your Own**

**Day 4: Trust Him**

**Engage**

Read [Psalm 56:1–11](https://ref.ly/logosref/Bible.Ps56.1-11).

**Consider**

David, the writer of this psalm, was such an expressive person. As we can see, he dealt with a lot, including fear. Sometimes when we’re in the middle of something difficult, we can feel like we must take several steps for God to come through. David simply said, “When I am afraid, I will put my trust in you.” Because everyone deals with fear at times, it’s important that we learn from people like David. Remember, he was a real person who had real fears. The key for him was realizing that he also served a real and trustworthy God.

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| **QUESTION**What kinds of fears did David mention in this passage? |

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| **QUESTION**Are there any fears you see in David’s life that you have at times? Which ones? |

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| **QUESTION**What can we learn from David and how he handled his fears? |

**Reflect**

When we know God and His promises for us, it’s easier for us to continue to trust in Him. He becomes our unshakable foundation. David took a few simple steps to grow in his trust and faith in God. Sometimes it’s a few small steps on our part that change the course of our life from living in fear to living in faith, too. Taking a step to trust God and worship Him may not seem like enough to change your situation, but follow David’s lead to grow your faith over fear.

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| **QUESTION**How can asking questions like David did in verse [11](https://ref.ly/logosref/Bible.Ps56.11) help us when dealing with fear? |

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| **QUESTION**What are some promises God has for you? |

**Activate**

Take a few extra minutes to worship God. Play a worship song or sing one of your favorites as you remember His goodness in your life.

**Pray**

God, thank You for showing me that trusting You and praising You can have great effects on how I feel. Today, I choose to put my trust in You. Help me to remember the promises You have for me. In Jesus’ name, I pray. Amen.

**Live on Your Own**

**Day 5: He Delivers!**

**Engage**

Read [Psalm 118:5–14](https://ref.ly/logosref/Bible.Ps118.5-14).

**Consider**

Fear will always be a tactic the enemy uses to make us doubt God’s character. We will feel alone and sometimes like there is no way out. This is the aim of fear: to convince us that we’re alone and have no hope. But even in our distress, God is there with us. We may not feel He is with us, but this is where faith comes in. Faith is what motivates us to trust that He is with us, and He is reaching out to us. Just like David, we can call out to God and trust He will answer. We can have confidence that God will always be with us.

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| **QUESTION**How do you think David gained his confidence in God? |

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| **QUESTION**When you start to doubt God, what is one promise you can remember? |

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| **QUESTION**How does reading some of David’s prayers and his struggles help as you live for God? |

**Reflect**

Our confidence and courage in God must be built. We build courage as we read the Bible, pray, worship, and spend time with other followers of Jesus. As we continue in these things, we gain more trust in God. Even when we’re afraid, we can remember that God is always for us. We see this in the life of King David. When fear paints the picture that everything is against us, we can remember this passage and its promise.

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| **QUESTION**If you could ask David one question regarding his fears, what would it be? |

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| **QUESTION**How do you view God when you’re afraid? |

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| **QUESTION**What are some ways you know God is for you? |

**Activate**

Which verse from this passage stands out to you the most? Make it part of your prayer today.

**Pray**

God, today I thank You because You are for me. I’m thankful that I can call out to You and trust You will answer. Help me to trust You every day and have confidence in You. Help those who are living in fear today and let them know You are near them too. Amen.

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