

Do not be afraid

Matthew 10:24-32

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How many times does Jesus say 'do not be afraid' here, and what reasons does he give each time?

2. What does it show me about people — and about myself?

Whose opinion or threat do you fear more than you trust the Father who counts sparrows — and your hairs?

3. What will I obey this week? (a concrete step, with a day)

What have you kept quiet out of fear that you will say 'in the daylight' this week?

4. Who will I tell?

Before whom will you acknowledge Jesus this week, as he asks?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you say I am worth more than many sparrows and that even the hairs of my head are counted. Free me from the fear of people, and give me courage to acknowledge you openly.



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