DISCOVERY BIBLE STUDY PLAN

Overcoming Fear

Ten passages where God meets people at the exact point they are most afraid.

10 Bible Studies by CoMission

DISCOVERY BIBLE STUDY

Overcoming Fear

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How a Discovery Bible Study works

This page is for whoever leads the study. Everyone else only needs the passage.

A Discovery Bible Study has no teacher. The person leading only asks the questions; the Bible does the teaching. That is what makes it simple enough for anyone to lead — no title, no training, no materials, no money.

EAT, DIGEST, GROW

Eat the Word — Read the passage aloud, read it again, then close the Bible and have someone retell it in their own words. Reading is the bite, re-reading the chewing, the retelling the swallow. If the group can't retell it, read it once more before going on.

Digest — Work through the four questions. This is where the passage turns into faith and obedience — answered from what the text actually says, not from what someone already knew.

Grow — Growth is God's part, not yours. One plants, another waters, but God gives the growth (1 Corinthians 3:6–7). Do the cycle faithfully and leave the growing to Him.

THE FOUR QUESTIONS

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

1. **What does this passage show me about God?**
2. **What does it show me about people — and about myself?**
3. **What will I obey this week? (a concrete step, with a day)**
4. **Who will I tell?**

THE SHAPE OF A MEETING

Look back — What are you thankful for? What is hard right now? How did you obey what we found last time, and who did you tell? Pray briefly for each other.

Look up — Read, re-read, retell — then the four questions.

Look forward — Each person says their own “I will…” out loud and names one person they will tell. Next time, the group asks about both. Asking is what turns a discussion into obedience.

THE ONE RULE: DON'T TEACH

The moment you start explaining, the group stops discovering. If someone says something that is not in the passage, do not correct them — ask, kindly, “Where do you see that in this passage?” and let them look. The text and the group sort it out. This is the rule that lets someone who has been in two studies lead the third.

Four to fifteen people. About an hour, once a week. Nothing else required.

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Stand firm and see

Exodus 14:10-31

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?**

   What does Moses tell the terrified people to do, and what does God actually do with the sea?

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

   Where do you feel trapped right now — what is behind you, and what blocks the way ahead?

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

   What will 'standing firm' instead of panicking look like for you this week?

4. **Who will I tell?**

   Who else feels cornered right now, and how could you tell them what God did at the sea?

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

> *God, when I am trapped between what chases me and what blocks my way, help me stand firm and watch you open a road where there is none.*

This study online

NEXT STUDY The battle is the Lord's comission.cc/en/study/overcoming-fear/02/

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The battle is the Lord's

1 Samuel 17:32-50

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?**

   What reason does David give Saul for not being afraid of Goliath, and whose battle does he say it is?

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

   What fight has left you frozen in fear, like Saul's whole army in the valley?

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

   Remembering how God has helped you before, what will you step toward this week instead of hiding?

4. **Who will I tell?**

   Who around you is paralyzed by fear, and how could you remind them the battle is the Lord's?

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

> *Lord, while everyone around me freezes in fear, remind me that the battle is yours, not mine. You have delivered me before — I trust you to do it again.*

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NEXT STUDY Even through the valley comission.cc/en/study/overcoming-fear/03/

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Even through the valley

Psalm 23:1-6

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?**

   What does the shepherd do for the sheep, and why does the psalmist fear no evil in the darkest valley?

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

   What valley are you walking through right now, and which shadow in it scares you most?

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

   How will you remind yourself each day this week that the Shepherd is walking through that valley with you?

4. **Who will I tell?**

   Who is in a dark valley right now that you could read this psalm with?

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

> *Shepherd, even in the darkest valley you are with me. When fear presses in, let your presence feel closer than the shadow.*

NEXT STUDY My refuge and my fortress

comission.cc/en/study/overcoming-fear/04/

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My refuge and my fortress

Psalm 91:1-16

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?**

   What dangers does this psalm name, and what does God promise to be for the one who takes refuge in him?

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

   Which fear — of the night, of sickness, of what could strike without warning — keeps coming back to you?

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

   When that fear returns this week, how will you take shelter in God instead of just enduring it alone?

4. **Who will I tell?**

   Who is living afraid right now and needs to hear about this refuge?

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

> *Most High, you are my refuge and my fortress. When fear comes by night or by day, hide me under your wings and hold me in your faithfulness.*

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NEXT STUDY Do not be anxious comission.cc/en/study/overcoming-fear/05/

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Do not be anxious

Matthew 6:25-34

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?**

   What examples does Jesus give of the Father's care, and what does he tell us to seek first?

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

   What need — money, food, the future — do you lie awake worrying about?

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

   What is the one worry you will hand to the Father each day this week while you seek his kingdom first?

4. **Who will I tell?**

   Who is weighed down by worry, and how could you share these words of Jesus with them?

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

> *Father, you feed the birds and clothe the flowers, and you know what I need. Take my worry about tomorrow and teach me to seek your kingdom today.*

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“Why are you afraid?”

Mark 4:35-41

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?**

   Where is Jesus during the storm, and what does he ask the disciples after he calms it?

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

   In what storm does it feel like Jesus is asleep right now — and what exactly are you afraid of?

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

   This week when the fear rises, how will you go to Jesus instead of only fighting the waves?

4. **Who will I tell?**

   Who could you tell about the one whom even the wind and the sea obey?

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 are in my boat even when the storm makes me think you don't care. Speak your peace over the wind and the waves inside me.*

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NEXT STUDY “Take heart, it is I” comission.cc/en/study/overcoming-fear/07/

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“Take heart, it is I”

Mark 6:45-52

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?**

   What are the disciples doing when Jesus comes to them, and what does he say when they cry out in terror?

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

   Where are you straining against the wind right now, and what makes it hard to recognize Jesus in the middle of it?

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

   When fear cries out this week, how will you receive Jesus' words, 'Take heart, it is I'?

4. **Who will I tell?**

   Who is rowing exhausted against the wind, and how could you bring them these words?

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, when I strain at the oars against the wind and cannot even recognize you coming toward me, say to me, 'Take heart, it is I,' and climb into my boat.*

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“Peace be with you”

John 20:19-29

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?**

   Why are the doors locked, and what are the first words Jesus says when he stands among the disciples?

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

   What fear has you behind locked doors right now, and what are you hiding from?

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

   What door will you open this week because the risen Jesus stands with you?

4. **Who will I tell?**

   Like Thomas, who needs to see evidence that Jesus is alive — and how could your peace be part of that evidence?

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

> *Risen Jesus, you came through locked doors to stand among your frightened friends. Come into the room where my fear has shut me in, and speak your peace.*

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More than conquerors

Romans 8:31-39

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?**

   What hardships does Paul list, and what does he say we are in all these things?

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

   Which thing on Paul's list — or which fear of your own — feels most able to separate you from God's love?

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

   When that fear speaks this week, how will you face it as someone deeply loved rather than someone alone?

4. **Who will I tell?**

   Who needs to hear that nothing can separate them from God's love, and when will you tell them?

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

> *Father, nothing in all creation — not danger, not death, not my worst fear — can separate me from your love in Christ. Make me more than a conqueror in the very things that frighten me.*

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NEXT STUDY The peace that guards you

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The peace that guards you

Philippians 4:4-9

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?**

   What does Paul say to do with anxiety, and what does he promise God's peace will do?

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

   What anxiety do you keep turning over in your mind instead of turning into prayer?

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

   Each time that anxiety returns this week, how will you turn it into a specific prayer with thanksgiving?

4. **Who will I tell?**

   Who is anxious right now, and how could you pray with them this week?

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

> *God, instead of feeding my anxiety I bring it to you now with thanksgiving. Let your peace, which passes understanding, stand guard over my heart and mind in Christ Jesus.*

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