



# Overcoming Fear

Choosing Courage  
in the Age of Anxiety

## **Redefining Our Relationship With Fear**

Mark 4:35-41

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Al Abdulla

### **Mark 4:35-41**

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

Fear impacts every part of our life.

### **Mark 4:40**

“Why are you so afraid?”

We don't overcome fear by fighting it, we overcome fear by making friends with it.

### Threshold 1: An Invitation (v.35-36)

#### **Mark 4:35-36**

That day when evening came, he said to his disciples, “Let us cross over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat.

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The invitation to “cross-over” is not just about transportation; it's about liberation.

#### **Mark 4:36**

So they left the crowd...and took Jesus in the boat.

#### **Mark 4:35**

“Let's cross over to the other side of the sea?”

### Threshold 2: Confrontation (v.37-42)

## 1. The Good Shepherd Confronts My View of God's Care (v.37-39)

### **Mark 4:37-39**

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## 2. The Wonderful Counselor Confronts My Illusion of Control (v.40)

### **Mark 4:40**

He said to his disciples, "Why are you so afraid? Do you still have no faith [trust]?"

"Why are you so afraid?" -Jesus

Fear is what happens when I'm visualizing a future event that hasn't even happened, and it's impacting how I think and feel in the present.

False Expectation Appearing Real

You can often follow the source of your fear by asking yourself three questions:

1. What am I afraid of losing?
2. What am I trying to hide?
3. What am I trying to prove?

### **Mark 4:40**

"Do you still have no trust?"

“Ruthless” = without pity

“It is not so much adverse events that make you anxious as it is your thoughts about those events. Your mind engages in efforts to take control of a situation, to bring about the result you desire. Your thoughts close in on the problem like ravenous wolves. Determined to make things go your way, you forget that I am in charge of your life. The only remedy is to switch your focus from the problem to My Presence.”

- *Jesus Calling*, May 21

How can we redefine our relationship with fear?

1. We can gain support from other boats. (v.36)

### **Mark 4:36**

Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him.

2. We can answer the question. (v.40)

### **Mark 4:40**

“Why are you so afraid? Where is your trust?”

3. We can refocus our fear/attention. (v.41)

### **Mark 4:41**

They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

“If the night is bad and our nerves are shattered and darkness comes and pain is all around and the Holy One [seems absent] and we want to know [God’s true feelings toward us], we must turn and look at Jesus.”

- Brennan Manning, *Ruthless Trust*

## **1 John 4:16**

We ourselves have known and put our trust in God’s love toward ourselves.

“Our trust in Jesus grows as we shift from making self-conscious efforts to be good to allowing ourselves to be loved as we are (not as we should be).”

- Brennan Manning, *Ruthless Trust*

“Trust is our gift back to God, and he finds it so enchanting that Jesus died for love of it.”

- Brennan Manning, *Ruthless Trust*

“Instead of trying to fight fear, focus on trusting me.”

[Taking A Fear Inventory](#)