

Small Group Guide: Do Not Fear, Only Believe

Opening Prayer & Icebreaker

Icebreaker Question: Share about a time when you had to wait for something important. How did the waiting make you feel?

Sermon Overview

This week we explored Mark 5:21-43, examining two intertwined stories: Jairus's dying daughter and a woman who had suffered from bleeding for 12 years. Through these accounts, we see Jesus' authority over sickness and death, and learn that true faith is self-risking trust in Jesus Himself.

Key Scripture

Mark 5:36 - "Do not fear, only believe."

Discussion Questions

Understanding the Text

1. **The Two Daughters:** Why do you think Mark interrupted Jairus's story with the woman's healing? What connections do you see between these two accounts?
2. **Social Dynamics:** How does the contrast between Jairus (powerful, named, wealthy) and the unnamed woman (powerless, broke, unclean) help us understand who Jesus came for?
3. **Jesus' Pace:** Why do you think Jesus wasn't in a hurry, even in an emergency situation? What does this reveal about His character?

Personal Reflection

4. **Identity Matters:** Jesus called the healed woman "daughter," giving her identity and value. When have you experienced Jesus restoring your identity or giving you value?
5. **Powerful or Powerless:** The sermon stated, "Jesus is for the powerful and the powerless." Which category do you more closely identify with right now? How does knowing Jesus sees you both impact your faith?
6. **The Waiting:** Jairus had to wait while Jesus ministered to the woman. Share about a time when God's timing felt maddening. How did you respond?

Going Deeper

7. **Faith vs. Touch:** Jesus said to the woman, "Your faith has healed you," not "Your touch has healed you." What's the difference? Why does this matter?
8. **Fear and Belief:** Jesus told Jairus, "Do not fear, only believe." What fears are you currently facing that require you to "only believe"?
9. **Soul Healing:** The sermon emphasized: "Faith in Jesus doesn't just change your situation. It settles your soul." Have you experienced this? Share your story.

Application

10. **Matt and Trista's Story:** How does their ongoing struggle (not yet fully healed) challenge or deepen your understanding of faith and God's control?
11. **Death Defeated:** How does believing that "death is not the end" change the way you face current struggles or losses?

Key Takeaways

- ✓ **Jesus is for the powerful and the powerless** - No matter your status, Jesus sees you and invites you to come to Him.
 - ✓ **Jesus is not hurried, even when life is falling apart** - His pace may feel maddening when fear drives us, but He is always in control.
 - ✓ **Faith in Jesus settles your soul** - It's not just about changing circumstances, but about finding peace and identity in Christ.
 - ✓ **True faith is self-risking trust in Jesus Himself** - It means believing He is good whether He delivers us from our circumstances or walks with us through them.
 - ✓ **Death does not get the final word** - For those who trust in Jesus, death is defeated and cannot separate us from God.
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Practical Applications

This Week's Challenge

Choose one of the following to practice this week:

Option 1: Touch Practice

- Reflect on areas where you need Jesus' healing touch (physical, emotional, spiritual)
- Each day, physically reach out your hand and pray, "Jesus, I believe in your healing touch"
- Journal about what changes in your soul as you practice this

Option 2: Fear Inventory

- Write down your current fears
- For each fear, write "Do not fear, only believe" and a truth about Jesus' character
- Share with one trusted person who can pray with you

Option 3: Identity Reset

- List the negative identities you've carried (failure, unworthy, broken, etc.)
- Replace each with the identity Jesus gives (daughter/son, beloved, healed, valued)
- Speak these new identities over yourself daily

Option 4: Waiting Well

- Identify an area where you're waiting on God
- Instead of rushing or forcing, practice stillness each day
- Ask God to show you what He's doing in the waiting

Prayer Focus

Pray for:

- Matt and Trista Deaver and their family as they navigate Matt's ongoing health crisis
 - Group members facing situations that feel out of control
 - Faith to believe Jesus is in control, even when circumstances don't change
 - Those who need to take the step of baptism or deeper commitment
 - Hearts to truly believe that death does not have the final word
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Closing Exercise

Group Testimony Time: Invite anyone who feels comfortable to share:

- A "take heart" moment from today's discussion
- An area where they're choosing to believe instead of fear
- A way they've experienced Jesus' control in their life

Close in Prayer: Have each person pray for the person on their right, specifically asking God to help them trust His control in one area they shared today.

For Next Week

- Read Mark 6:1-13
 - Reflect on this question: Where is Jesus calling you to step out in faith, even when it feels risky?
 - Continue praying for the Deaver family and anyone in your group facing health crises
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