

**DISCOVERING LIFE TOGETHER SERIES: THE GOSPEL OF JOHN**  
**A Formula for Overcoming Fear — John 14:1–15**

**NOTES:** *A Five-Step Formula for Overcoming Fear*

STEP 1: Choose to TRUST

STEP 2: Gain greater VISION

STEP 3: Affirm His ASSURANCES

STEP 4: Open up COMMUNICATION

STEP 5: Get up and GO

**Questions for Community Groups and Individual Bible Study**

**For Starters:** How have you responded to bad news, difficult circumstances, or troubled times? Has your immediate response been fight, flight, or freeze? Discuss the impact of troubles and trials on you physically, emotionally, and spiritually.

**The Basics:** Read John 13:21, 38 and 14:1–15. What triple-troubling news did Jesus share with His disciples? How did the news impact them? How would you have reacted to His announcements? What else stands out to you and why?

**Quick-Fire Round — John 14:1–15**

- Read John 14:1. What is the first step to overcoming trouble? How does trouble test your trust in God? Read James 1:2–4. How can you choose to trust God despite trouble?
- Read John 14:2–4. Why did Jesus talk about heaven? When trouble comes, why is it vital to gain a greater vision? Read John 5:25, 1 John 4:17, and Matthew 24:37–44. Do you live in light of eternity, or for today? How could a change of perspective help?
- Read John 14:5–6. What assurances did Jesus give Thomas in his confusion and doubt? How can these assurances help you during difficult times?
- Read John 14:13–14 and Philippians 4:6–7. Do you tend to shut down or open up when facing trouble? How has or how could prayer reduce your anxiety or worry? What kind of prayer overcomes concern?
- Read John 14:12, 15, 1 Peter 5:7, and Psalm 119:105. Discuss the phrase, *faith moves forward, fear stands still*. How can living out God’s Word motivate you to move from fear into faith? What steps could you take when facing trouble?

**Challenge:** How has this study equipped you for overcoming current or future bad news, difficult circumstances, or troubling times? What one action step will you choose to take moving forward in faith and not fear? Meditate on Romans 8:31–39 this week.

**Memorize John 14:6** Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”

**Prayer:** *Father, thank you for walking with me through troubling times. Help me choose to trust you as I walk by faith and not fear. Give me greater vision as I know Jesus is the way, the truth, and the life. Amen.*