

HEROES

PART 3: KRYPTONITE

INTRODUCTION

“Faster than a speeding bullet. More powerful than a locomotive. Able to leap tall buildings in a single bound. It’s Superman!” A hero sees what everyone sees, but is not content to do what everyone does. A hero saves the day. Even though that may sound lofty and unattainable, hero status *is* accessible to all of us. But just like Superman is vulnerable to Kryptonite, there’s a common weakness we must overcome if we’re going to be heroes.

DISCUSSION QUESTIONS

1. Do you have any major phobias? If so, what are they?
2. Talk about a time when you had to overcome fear in order to accomplish a goal. What did you do to overcome your fear?
3. How have your past experiences with fear shaped how you experience fear now? On a scale of 1 to 10, how much does fear prevent you from “saving the day.”
4. Read Matthew 14:24-31. Have you ever taken a bold step only to lose faith once you were “out of the boat”? If so, what happened?
5. During the message, Evan said, “Our current fear is rooted in our inability to predict our future.” What unpredictable future is making you fearful right now? Is it difficult for you to believe that trusting Jesus might help you overcome that fear? Why or why not?
6. What is fear preventing you from doing? What can you do this week to take courage and trust Jesus? How can this group support you?

MOVING FORWARD

Fear is the Kryptonite that keeps us from being the heroes we were called to be. Take courage. Trust Jesus. Don’t let your fear of stepping out lead to missing out. *Who* you trust is greater than *what* you fear.

CHANGING YOUR MIND

When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear. But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

Matthew 14:26-27