



the visual **faith** project

A Visual Faith Experience The Crippling Power of Fear

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Theme: The Crippling Power of Fear (Luke 8:22-25)

Intended Audience

Small group of participants from 3 or 4 different generations would work very well. Ethnic diversity is a blessing that broadens the scope of faith and life in any small group. One could facilitate this Visual Faith Experience with any small group of youth, young adults, adults, or senior adults.

Outcome of Experience

By the participants sharing fears that remain deep within them, they will learn that they are not alone with having such feelings. They will discuss how such fear cripples them in life and knocks the wind out of them. They will also explore how fear can cause one to disconnect with God or connect with God in the storms of life.

Introduce Experience

There seems to be an attraction to or a rush feeling when people are suddenly frightened. Many people love to go on frightening rides at amusement parks, visit dangerous places, engage in life-threatening adventures, or watch terrifying movies. In this visual faith experience we will explore what are the storms of our lives that have knocked the breath out of us and almost stopped our lives. What is the power of fear and how does it cause us to disconnect with God or connect with God?

Image Selection

Choose one or two images that connect to a frightening experience you have endured or to the feelings that you had during this life storm.

Facilitators Questions To Guide Group Discussion

1. How does the image connect to the frightening and/or life threatening experience?
2. As you view the image, what are some of the emotions that arise in you?
3. What restored calm and peace to you?
4. What changes in behavior or decisions have you made as a result of this experience?
5. (To the others in the small group) What questions do you have concerning this experience or the response?

Scripture - Luke 8:22-25 (Included at the bottom of page 2)

Image Selection

Think about the people in this short story of Jesus calming the sea. Choose one or two images that would display one or more of the emotions felt by one or more of the people in this story?



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The Crippling Power of Fear continued...

Questions to Connect Chosen Image with Scripture

1. With whom in the story does your image connect?
2. Do you think all the disciples in the boat had the same emotions?
3. What might be some of the emotions that Jesus was feeling from the reaction of his friends/disciples?
4. How does this story of Jesus communicate something about the identity of Jesus and why would Luke include this story in his Gospel?

Application

- Sometimes God calms the storms around us and other times, God calms the storms within us. What are some storms within you that need to be calmed?
- Have you ever had nightmares about being in a life-threatening situation and in need of being rescued? What brings calm to your nightmare? Do you think God is connected to even your unconscious state?
- How might Jesus bring calm and peace in the storms you experience?
- If the rescue from this storm of life and terrifying fear, was calmed by the action of another or by a medical break through, would it seem less or more to you that God was and is present?

Prayer

As the facilitator, create a holy space for the individuals and group to engage in prayer. Invite the participants to think about the images of terrifying events or emotions that were chosen for this experience or the stories of life-storms told by others in this group. Then each participant use the following litany phase and response for the closing prayer: Individual: As Jesus brought calm and peace from the terrifying fear of a life storm, so bring peace and calm when I feel Group: Deliver us from evil. When all have prayed, join in praying the Lord's Prayer together.

Image Packs

We recommend the Youth Pack (set of 100 printed images) for use with this experience or other images that you may already have. You can find the Youth Pack at: <https://vibrantfaith.org/shop/visualfaithcards>

Scripture - Luke 8:22-25

22 One day he got into a boat with his disciples, and he said to them, "Let us go across to the other side of the lake." So they put out, 23 and while they were sailing he fell asleep. A windstorm swept down on the lake, and the boat was filling with water, and they were in danger. 24 They went to him and woke him up, shouting, "Master, Master, we are perishing!" And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm. 25 He said to them, "Where is your faith?" They were afraid and amazed, and said to one another, "Who then is this, that he commands even the winds and the water, and they obey him?"