

## RCMI L-Path Teaching

June 6, 2021

### **TITLE: OVERCOMING FEAR [PAGTAGUMPAYAN ANG TAKOT]**

**TEXT:** Matthew 14: 22-33, NIV

**BIG IDEA:** Learn to overcome your fear by having the boldness to confront, the belief to conquer, and the behavior to control it because of your desire to be close to the Lord. **Matutunan kung paano pagtagumpayan ang takot sa pamamagitan ng katapangan na harapin ito, paniniwala na masasakop ito, at ang dapat gawin para makontrol ito, upang tayo ay mapalapit sa Diyos.**

### **INTRO:**

- June series: **Overcoming Challenges**
  - Big Idea: Learn to overcome the enslaving, sinful patterns that will consume all your energy and stop you from living victoriously. **Matutunan na mapagtaumpayan ang mapang-alipin na kasalanan na uubos ng iyong lakas at magnanakaw ng iyong tagumpay.**
- Overcome from Greek ‘nikao,’ meaning “*to subdue.*”
- We are commanded by God to be overcomers.
- We will study how to overcome these enslaving sinful patterns that hinder us from living victoriously.
- As a Christian, you don’t want to be overcome by fear because it pushes you to disobey. It holds you back from the amazing things God is calling you to do, things you can only do if you walk by faith. **Bilang Kristyano, ayaw natin na mapangunahan tayo ng takot dahil ito ang magtutulak sa atin na sumuway sa Diyos. Dulot nito, hindi natin matatanggap ang magagandang bagay na ipinagagawa ng Diyos sa atin, na mangyayari lamang dulot ng pananampalataya.**
- **If you are to do anything substantial in life that will glorify God, you have to learn how to confront, control and conquer your fears.** **Kung nais mo na makagawa ng bagay na magbibigay ng parangal sa Diyos, matutunan mong harapin, kontrolin, at pagtagumpayan ang iyong mga takot.**
- Matthew 14 shows us the instance where Peter walked on water. But take note, the lesson here is not how to walk on water but how to overcome our fears. **Makikita natin sa Mateo 14 na si Pedro ay lumakad sa tubig. Alalahanin na ang aral dito ay hindi ang paglakad sa tubig kundi ang pagtatagumpay sa takot.**
- Peter steps up and says, “Lord if it’s you tell me to come on the water.”
- **What he did shows us three things when it comes to dealing with fear. Ang ginawa ni Pedro ay pagpapakita ng...**

### **I. The Boldness To Confront Fear [Katapangan na harapin ang takot]**

- At some point, you have to muster up the courage and confront the thing that makes you fearful. What made Peter come to the edge of the boat and say that he wanted to get down and walk despite being afraid? **Kailangan natin na humugot ng lakas at harapin ang bagay na yan na nagbibigay ng takot sa iyo.**
- Peter decided to confront his fear because he was tired of dealing with it. **Nagdesisyon si Pedro na harapin ang takot nya dahil pagod na syang mabuhay sa takot.**

- Could it be that the Lord will leave you in your boat of fear until you reach the point where you realize that you don't want to deal with it any longer and something has to change? **Kailangan pa ba na hayaan ka ng Diyos dyan sa bangka ng takot mo hanggang magdesisyon ka na ayaw mo na dyan at kailangan mo na ng pagbabago?**
- **If you are tired, confront and resist your fears! Pagod ka na ba? Harapin mo na kasi ang takot na yan!**
- God is saying that if you will have the boldness to confront your fear, your life will never be the same again. A new dawn is about to come for you if you are ready to confront your fear. The second thing Peter modeled is... **Sinasabi ng Diyos na kapag matapang mong hinarap ang takot mo, magbabago ang buhay mo. May bagong liwanag na darating sa iyo.**

### **DISCUSSION: Pag-usapan**

- Share the kind of fear that is holding you back from that which God has called you to do. **Ibahagi ang klase ng takot na meron ka na pumipigil para magawa mo ang nais ng Diyos.**
- According to our lesson, what is the first step you need to do in overcoming your fear. Share how you can apply this principle in your life. **Batay sa ating napag-aralan, ano ang unang hakbang para mapagtagumpayan mo ang iyong takot?**

## **II. The Belief To Conquer Fear [Paniniwala na mapagtatagumpayan ang takot na ito]**

- Peter showed his ability to conquer fear when he walked on water. By stepping out of the boat, he's showing us that every fear in our life can be conquered. **Ipinakita ni Pedro ang kanyang kakayanan na matalo ang takot nya nang siya ay lumakad sa tubig.**
- To conquer your fear, you've got to overcome the...

### **A. Past Experiences of Other People [Mga karanasan ng ibang tao]**

- To conquer your fear, you cannot allow the past experiences of other people to set limitations on the possibilities of your own life. **Para mapagtagumpayan ang takot, huwag magpa apekto sa karanasan ng ibang tao.**
- Our fears are not just rooted in uncertainties, they are also rooted in our insecurities. We're afraid because it's easy to think that what happened to other people is going to happen to you because you're no better. **Ang takot ay hindi lang galing sa kawalan ng katiyakan kundi galing din sa kawalan ng pagpapahalaga sa sarili. Akala natin, ang nangyari sa iba ay siguradong mangyayari din sa atin.**
- Can I tell you why Peter believes he's worthy? He didn't do it because he thought he was great but because he now knows that it's Jesus who's walking on water and he hopes to become like Jesus. **Bakit ganoon na lang ang tingin ni Pedro sa sarili nya? Batid nya na si Hesus ay lumakad sa tubig, at nais nyang magawa ito kagaya ni Kristo.**
- There's something about wanting to be like the Lord that makes you worthy of what you previously could not merit on your own. **Kapag nais natin maging kagaya ng ating Panginoon, gagawin natin ang mga bagay na hindi natin nagagawa noon.**

### **B. Discouragement Of Your Peers [Pagpapahina ng loob dulot ng mga kaibigan]**

- If Peter was the only one to step up, what do you think the other disciples did? Do you think the rest were supportive or skeptical? Nang si Pedro lang ang naglakas loob, ano kaya ang ginawa ng ibang disipulo? Sumang-ayon kaya sila o nag-alinlangan?

- Expect that there are people who will discourage you when your vision is greater than your reality or when your effort is more than theirs. You must not allow just everyone to influence you. **Tiyak na may mga tao na magpapahina ng loob mo kapag ang pangitain mo ay mas malaki sa realidad o mas higit sa pangitain nila.**
- Peter was the only one who talked to the Lord and then listened when Jesus said, “Come.” **Si Pedro lang ang nakinig at sumunod sa sinabi ni Hesus na ‘Halika’.**
- Maybe another source of our fear is the deficiency of our prayer. Prayer is the key to conquering your fear because once you hear God, it’s hard to be afraid. **Maari na isang dahilan ng ating takot ay ang kakulangan sa pananalangin. Ito ang susi sa tagumpay laban sa takot.**

### **DISCUSSION: Pag-usapan**

Are past experiences of other people like your parents kept you from stepping out of the boat? **Ang mga nakaraan ba ng iyong mga magulang ay naka apekto sa iyong buhay para makaranas ka ng takot?**

- What kind of insecurities are you struggling with? How is your prayer life? Share.

### **III. The Behavior To Control Fear [Ang dapat gawin para makontrol ang takot]**

So, when Peter got out of the boat, he walked on the water, saw the wind, became afraid again, and began to sink. **Nang umalis ng bangka si Pedro, siya ay nakapaglakad sa tubig. Ngunit ng makita nya ang malakas na hangin, siya ay natakot muli at unti unting lumubog.**

- **If you don’t control your fears, your fears will control you. Kapag hindi mo nakontrol ang takot, ang takot ang magkokontrol sa iyo.**
- In v.28, it says, “Lord if it’s you let me come to you on the water.” Peter says let me come to you and if walking on water is what it takes to get to you then that’s what I’ll do.
- Peter’s heart desired to be with the Lord and here is another key to overcoming fear: **the right behavior.** When your heart is right, God will sustain you. **Nais ni Pedro na makasama si Hesus. At ito ay isa pang susi para magtagumpay sa takot. Kapag tama ang puso, patatatagin ka ng Diyos.**
- The phrase “beginning to sink” is in the Greek tense called the ‘aorist’ and the best way to understand it is that it is an action that has already begun but is not yet completed. When my heart is right even if I make a mistake, God will keep me. **Ang katagang ‘nag-umpisang lumubog’ ay nangangahulugang unti unti nang lumulubog ngunit hindi pa lubusang nakalubog. Kapag tama ang puso, magkamali man tayo, hindi tayo pababayaan ng Diyos.**
- If your heart desires to please God or to live for the Lord, God says that even if you make a mistake, will take care of you. **Kung nais ng puso na bigyan ng kasiyahan ng Diyos, may pagkakamali ka man ay hindi ka Niya pababayaan.**

### **DISCUSSION: Pag-usapan**

- Why is it important to have the right behavior in order to overcome you fear? **Bakit mahalaga na magkaroon ng tamang pagkilos para mapagtagumpayan ang takot?**
- What/ Who is your heart’s desire? **Ano/sino ang nais ng puso mo?**

### **CHALLENGE: Hamon**

I want you to have the boldness to confront, the belief to conquer and the behavior to control if all your heart's desire is to be close to the Lord. **Magkaroon ng tapang na harapin, pagtagumpayan, at ikontrol ang takot kung ang nais ng puso mo ay mapalapit pang lalo sa Panginoon.**