



Week 1 Study Sheet

Following Jesus When You Doubt

- Consider** What tough situations have you faced? In Capernaum, Jesus encountered two individuals experiencing difficult circumstances: Jairus, a respected leader in the community, and the bleeding woman, an outcast from society based on Jewish law. Each approached Jesus for help – Jairus with a bold, direct appeal, and the bleeding woman with a tentative, quiet approach. Neither way was right or wrong. Despite their fears, doubts, and different approaches, they both exhibited an unashamed faith to ask Jesus for what they needed. This is the kind of faith Jesus wants from us. How do you approach God in times of doubt and desperation?
- Pray** Ask the Holy Spirit to open your heart and mind to hear what God wants to share with you from his Word. Ask God to provide you with grace, understanding, and resolve to put into practice the things you learn.
- Read** [Mark 5:21-43](#)
- Observe**
- Review the setting of the story by looking for the who, what, when, where, and why?
 - What phrases or words repeat within the story?
 - What are the opposing phrases or storylines?
 - What is the major theme of the story?
- Interpret**
- Why would Jairus look to Jesus to heal his daughter?
 - Why would the woman with the issue of blood believe she had to only touch Jesus for healing?
 - What is the connection between desperation and faith?
 - What is the significance of Jesus perceiving power going out of him?
 - What did Jesus ask of Jairus?
 - How does the crowd reveal their doubts? Why would they doubt Jesus?
- Apply**
- How can this passage help you with challenging circumstances?
 - What portions of this passage encourage you as you consider your doubts?
 - Have you seen God provide for you in your desperation?
 - How can God use your experience to help someone else who may be struggling with doubt?
- Practice** Examine your community. How can you spend more time with people who encourage you and strengthen your faith? How can you distance yourself from negative influences who mock your faith and lead you to doubt God's goodness?

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Week 2 Study Sheet

Following Jesus in Your Storms

Consider

Like most things in Texas, storms seem to be bigger, stronger, and more destructive. From the dog howling anxiously in the backyard to the sleeping baby startled awake, it's evident that storms ignite fear and anxiety for everyone in their path. Often in life there are situations that come upon us like a Texas storm. Storms intrude on every life. No one escapes the rough seas and thunderous skies that come unexpectedly and uninvited. When a violent storm came to the disciples, their first response was fear. Even though Jesus was near, they feared. This happens when we're distracted by the storm and fixated on what's going wrong. Even when Jesus is near, it's easy to miss him. But Jesus is the key to getting through the storm. When life gets rough, how do you find Jesus in your storm?

Pray

Ask the Holy Spirit to open your heart and mind to hear what God wants to share with you from his Word. Ask God to provide you with grace, understanding, and resolve to put into practice the things you learn.

Read

[Matthew 14:22-36](#)

Observe

- Review the setting of the story by looking for the who, what, when, where, and why?
- What phrases or words repeat within the story?
- What contrasts do you see in the passage?

Interpret

- Why did Jesus send the disciples ahead of him?
- How would you respond to seeing Jesus walk on the water at night?
- How does Jesus respond to the disciple's show of fear?
- What gave Peter the courage to get out of the boat? Why would he sink after taking a few steps onto the water?
- What triggered Peter's doubt? What triggers your doubt?

Apply

- How does this story help us overcome fear and doubt?
- What lessons can we learn from the disciples?
- What questions should we ask when facing storms?
- What promises do we have that can increase our trust in Jesus?

Practice

Prepare for the storms that lie ahead by spending time in solitude and prayer. At the very beginning of this passage, Jesus gives us a glimpse into how he prepares for storms. Matthew 14:23 NIV tells us that, "he went up on a mountainside by himself to pray." This example helps us understand the importance of seeking God through prayer and solitude.

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Week 3 Study Sheet

Following Jesus When You Worry

Consider

What is your relationship with worry? Is it a constant companion or a friend who shows up occasionally? No matter how often or intensely you feel “worry,” you are not immune to its presence or effects. The people of Jesus’ day had many things to worry about. Famine, pestilence, and the Roman occupation were legitimate, daily concerns. Worry hasn’t gone away since Jesus’ time. In fact, there is evidence that people are more worried now than ever before. But just as worry has remained, so has Jesus. The beautiful thing about Christ is that he felt what we feel and experienced what we experience. He knows the anguish of anxiety and cares for us with empathy, not condemnation, when he instructs us, “do not worry.” (Matthew 6:25 NIV). Jesus overcame worry through persistent obedience, rooted in the faith that God is a good father who keeps his promises. How can obedience and trust in the promises of God help you overcome anxiety?

Pray

Ask the Holy Spirit to open your heart and mind to hear what God wants to share with you from his Word. Ask God to provide you with grace, understanding, and resolve to put into practice the things you learn.

Read

[Philippians 4:2-9](#)

Observe

- What are the key words in this passage?
- What is the theme of Paul’s message?
- Why was Paul qualified to speak on this subject?

Interpret

- How does Paul’s initial greetings to Euodia, Syntyche, the other women, and Clement connect with anxiety? What might they be experiencing?
- What recipe does Paul give us to help with anxiety? Why are these things important?
- How does rejoicing help combat anxious thoughts?
- Why should we keep our minds focused on the things that Paul mentions in verse 8?

Apply

- How can you apply rejoicing and prayer to your anxious thoughts?
- How can prayer, supplication, and thanksgiving help overcome anxiety?
- What can you do to cultivate a steady stream of honorable, just, pure, pleasing, commendable, and praiseworthy thoughts in your mind?

Practice

Start a gratitude journal. At the end of each day, take time to reflect and list in the journal what you are thankful for that day. Next, convert this list into a prayer of gratitude to the One who supplies “every good and perfect gift.” (James 1:17 NIV).

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Week 4 Study Sheet

Following Jesus and Jesus Only

Consider

Spirituality is on the rise. According to Barna research, most adults desire to grow spiritually.¹ Unfortunately, spirituality includes a buffet of choices. We live in a world of many religions, many ways, and many truths. How do we know if following Jesus is the only way, or one of many ways? Is Jesus really the one and only? The one and only Messiah, the one and only Savior, the one and only Son of God? Jesus made the bold claim, "I am the way, the truth, and the life. No one comes to the Father except through me." (John 14:6 NIV) Jesus shows us through his actions, his words, and his sacrifice on the cross, that he is the one and only. What is keeping you from believing in Jesus as the one and only?

Pray

Ask the Holy Spirit to open your heart and mind to hear what God wants to share with you from his Word. Ask God to provide you with grace, understanding, and resolve to put into practice the things you learn.

Read

[John 14:1-14](#)

Observe

- Review the setting of the story by looking for the who, what, when, where, and why?
- What phrases or words repeat within the story?
- What are some of the opposing phrases or storylines?

Interpret

- What is Jesus referring to when talking about his Father's house?
- What assumptions does that lead us to about who Jesus is?
- What makes Jesus the way to God?
- What does Jesus mean by saying that he and the Father are one?
- How significant is belief to help us understand why Jesus is the only way to God?

Apply

- How can you ensure that your spirituality has Jesus at its center?
- How does this teaching from Jesus shape our interactions with non-Christians?
- Are there other things in your life that have replaced Jesus as the way to God?

Practice

Share the good news of Jesus as the only way to God with someone this week. Prayerfully ask God for the opportunity to tell others about him and watch for him to provide that opportunity. Ask them about their views on spirituality. Ask what they think of Jesus and explain his claim to be the only way to God. Share how he changed your life and invite them to trust in him for the forgiveness of their sin.

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¹[linkedin.com](https://www.linkedin.com)



Week 5 Study Sheet

Following Jesus When You Need Hope

Consider All of Jesus' life was miraculous: his conception, his healing, his teaching, and his sinlessness. But the most radical thing about Jesus was his resurrection from death to life. The resurrection of Jesus sets Christianity apart from all other world religions. Our Savior conquered death. Death was swallowed up in victory. We don't know exactly where Jesus was buried, but we do know the tomb is empty. And because the tomb of Jesus is empty, the promise of Jesus is not. In Christ, we are resurrected as new creations here and now. Jesus' resurrection power isn't reserved for the grave or the tomb. How can you let Jesus's resurrection power transform every area of your life – work, relationships, health, and heart?

Pray Ask the Holy Spirit to open your heart and mind to hear what God wants to share with you from his Word. Ask God to provide you with grace, understanding, and resolve to put into practice the things you learn.

Read [Luke 24:13-35](#)

Observe

- Review the setting of the story by looking for the who, what, when, where, and why?
- What phrases or words repeat within the story?
- What is the major theme of the story?

Interpret

- How do you think Jesus' followers felt after he died on the cross?
- Why would Jesus keep them from being able to see who he was?
- Why would these disciples be confused about the resurrection? Is the resurrection of Jesus confusing to you?
- How does Jesus give us an example of how to share the Gospel of the resurrection in this story?
- Why would their eyes be opened when he took the bread and blessed it before them?

Apply

- Have you ever felt blind to see Jesus in your life?
- What does Jesus teach us about the importance of the resurrection?
- How does the resurrection give you hope for what is to come?

Practice Read Psalm 78 which recounts God's faithfulness to the people of Israel. Notice how the psalmist lists all the ways God kept his promises, made himself known, and patiently endured the rebellion of his people. Make a list of God's faithful work in your life like the one in Psalm 78. Tell the generations to come how you have seen his faithfulness displayed. Remembering the times that God showed up in your life will enlarge your hope for the future.

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Week 6 Study Sheet

Following Jesus When You Need Grace

Consider

Ethnic wars are widespread. Racial divides are increasingly present. Resources are not available to all. Our news cycles are not filled with happy stories of goodness and joy. Instead, they herald the message that our world is in great tension. It's a common symptom of the human condition – to judge and ostracize rather than welcome. If ever there was a time for good news it is now. Jesus' love is for everyone. This is the good news of the Gospel. Through the miraculous stories of Cornelius, a Gentile, and the Samaritan woman, Jesus reminds us that following him is not exclusive to any one group. God's love and forgiveness is intended for the whole world. Everyone is invited to God's table. How can you join in Jesus' mission and extend God's abundant grace to all?

Pray

Ask the Holy Spirit to open your heart and mind to hear what God wants to share with you from his Word. Ask God to provide you with grace, understanding, and resolve to put into practice the things you learn.

Read

[Acts 10:9-48](#)

Observe

- Review the setting of the story by looking for the who, what, when, where, and why?
- What phrases or words repeat within the passage?
- What are the major themes of the passage?

Interpret

- What issues does Peter's vision address?
- What made it hard for Peter to understand God's desire to include Gentiles?
- How does Peter's vision prepare him for the visit with Cornelius?
- Prayer is central to this story, why would prayer be significant in sharing the Gospel?
- How did prayer help Peter deal with any prejudice he may have towards Cornelius' household?

Apply

- What personal spiritual practices can prepare and equip us to share the Gospel with the whole world?
- How does the Holy Spirit guide us?
- Is there an area in our life that relates to the way Peter first felt about the Gentiles?
- What steps can we take to share the Gospel with everyone around us?

Practice

Ask God to help you remember that Jesus is the Savior to all. Allow the Holy Spirit to guide you through any tension you have with someone who is not like you. Like Peter (a Jew) going to the home of Cornelius (a Gentile), seek out those who are different than you, perhaps someone of a different ethnicity or social class. Spend meaningful time with them, and see how God's love extends to everyone, not just those who look, act, and, live as you do.

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