



### Big Idea

Faith brings peace and draws me close to God while worry steals, separates and changes nothing. We will never be in complete control and that reality can often strike fear and anxiety. This heavy burden can weigh us down and causes depression. (Proverbs 12:25) Instead we must shift our faith to God, who fills our heart with gladness and gives me rest. The spirit of anxiety and fear is not from God! When things don't go as planned or when we image the worst-case scenario, let's instead focus on experiencing God's peace.

- Take your mind off the "what ifs" of fear: Worry will never change anything for the good. It only brings out the negative. Worry focuses on the hypothetical and provokes unrest. My reality is that my God is in control and works all things for His good. I will make up my mind not to worry beforehand. (Luke 21:14)
- Satan's tool of fear is designed to deter you from God's best: A spirit of fear is not of God. It is certainly a distraction from the enemy to keep us from relying fully on the One whom is in total control of all things. However, God's blessings are on the other side of fear. Jeremiah 10: 5-6 reminds us that fear is like a scarecrow – it cannot harm us!
- Put your mind on the promises of faith: Rather than focusing on potential obstacles or negative outcomes, I can meditate on the promises of my faith. When I put my faith into practice, I can operate in perfect peace. Isaiah 26 tells us "You will keep in perfect peace him whose mind is steadfast, because he trusts in You."

Phillippians 4:6-7 says "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. God's peace is a free gift I will not trade for the entrapment of anxiety."

### Discussion Questions

- Talk about a time you have felt fear of the unknown. How did you deal with it and how did that affect the outcome?
- Share a verse that you have meditated on in times of fear.
- Do you tend to focus on how you can solve an obstacle or pray, first?
- Do you actively believe in our Heavenly Father to shelter and protect you? Give examples of how you can rest in Him.
- What area of your life do you need to invite God to shift your priority from fear to peace?

### Next Steps

- Ask yourself, how can we serve our city and friends during this unique time in our city:
  - Turn off the tv, turn on the worship music.
  - Take this time to hang out with your family, cook a meal together and play board games.
  - Spend extra time reading the Bible and praying.
  - Offer to pick up groceries for elderly neighbors and friends.
- Write down each person's prayer requests and make it a point to pray for them and text them with an encouraging word at some point this week.
- Remember, God is the only one who is in control – and He IS in control! He is our very present help in times of need and works all things for His good.

### Pray

- Pray each person will trust in God's protection, health and peace, regardless of what goes on around us.
- Ask God to fill you with peace and wisdom in your thoughts and decision making.
- Pray for our neighborhoods, city, and our nation during these times of fear and uncertainty.
- Pray for our first responders, doctors, and those providing aid to the sick.