

# Do Not Be Anxious

As the pandemic continues, no one's quite sure what will happen next or how concerned we should be. We can have faith over fear because of a never-changing God. What does this faith look like in times like these? Join us as we bring church to your living room.



---

## INTRODUCTION

We cannot miss the fear and anxiety that surrounds us. These are unprecedented times and people are impacted the world over. Billy Graham once said, “Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened.” Today David brought us hope in the words of Jesus. We do not have to fear what tomorrow may bring. Let us focus our faith, moving toward God and in doing so bring courage and hope to those who surround us.

## STARTER QUESTION

It's an interesting fact that anxiety in our culture today is higher than in the last three generations combined. What other events in history do you remember that have captured the complete attention of the world like the corona virus has now? What do you think is causing this spike in anxiety today? (Discuss or if you're studying alone, perhaps jot down some ideas in a journal.)

## INTO THE WORD

David highlighted four points on how troubled times help focus our faith on God. For each point, read the related scripture and jot down/discuss your answers to the following questions.

Point 1 - God shows up in ways we haven't seen Him do before.

Read Acts 12:6-11

How do you think the current pandemic can be used by God in our lives to draw us to Him and trust Him more than ever? If you need more grace to trust Him, ask Him and He will give it liberally!

Point 2 - Troubled times have a tendency to move us towards Him.

Read 1 Peter 5:6-11

Debilitating and paralyzing fear is not from God. How can humbling ourselves “under the mighty hand of God” move us toward Him? Consider that anxiety and fear are tools the devil can use against you to devour you. How does humbling ourselves give us the freedom to cast all our anxieties on Him?

Point 3 - God has made promises He intends to keep.

Read Deuteronomy 31:8, Isaiah 41:13, John 8:36

How has God provided for you in the past? Do you think the level or intensity of a crisis has any effect on God's ability to provide for His children? What truth/truths from these verses speak to your weary soul?

Point 4 - Anxiety evaporates when we seek God rather seeking something from God.

Read Matthew 6:25-33.

Is there an area of your life right now that God is calling you to seek His Kingdom first? What does it mean to seek first the kingdom of God? In what ways does seeking His kingdom relate to Exodus 20:3? How can placing the Lord Jesus as our highest joy, value, and satisfaction evaporate anxiety?

## **APPLICATION**

How has the uncertainty of the last few weeks changed your outlook on your security? On your future? While we are all practicing physical distancing, come up with 3 ways to practically serve those around you.

Even Christ-followers sometimes inadvertently put our trust in other things instead of the promises of God and find ourselves seeking something from God rather than God Himself. Remember, God is a promise-keeping God. Encourage yourself today with these promises from scripture:

3 John 1:2	Proverbs 17:22	Jeremiah 33:6
Jeremiah 29:11	Jeremiah 17:7-8	Proverbs 16:24
Proverbs 4:20-22	Exodus 15:26	Joshua 1:9
Psalms 55:22	Psalms 34:4	

## **PRAYER**

Father God, as we face these uncertain times, may we take the words of your son Jesus to heart and not fall prey to anxiety. Rather may we lean into you and through the power of the Holy Spirit find hope in your promises.

In Jesus Name, Amen!