



Covid - 19 has changed our world overnight, the way we work, school, attend worship, all of those changes and more are here. As a society and as individuals we were not prepared for this new reality.

**Discuss some of the fears you are facing.**

### **Scripture**

#### **Read Hebrews 13:8**

In light of the every changing "new" normal what comfort do you find in this verse? How would you explain this verse to a child or a friend?

Fear and faith require us to focus on something we cannot see. What can we do as individuals and groups to choose faith over fear? How can we support others in the middle of the unknown?

Full of Fear → Sarcastic → Worst Case Scenarios Talk through how you have seen this pattern occur in your life experience.

Do people make better or worse decisions when they are under stress? Knowing that we all have fear in this time, what are ways to cope with and recognize fear and faith both require us to focus on something we cannot see?

#### **Read Matthew 6:27**

What is Jesus telling us in this verse and why is it important?

Psychologists, working with anxiety sufferers, have learned that 91% of the things people worry about never occur. How can knowing this help you and others get through this time of uncertainty?

**Read Exodus 14:13**

Fear Not → Stand Firm → Expect God's Help

**Read 2 Timothy 1:7**

How can applying this truth impact how we react to our current situation?

What can you take away from this message and apply to your life today?

**Pray**