

## Fear And Worry In Uncertain Times

1. Fear **OF GOD**
2. Fear **WITH GOD**
3. Fear **APART FROM GOD**
4. Fear **FILLED WORRY**

### Three biblical remedies for fear:

#### *Focus:*

- Focus on the **SOVEREIGNTY** of God.
- Focus on the things you have to be **GRATEFUL FOR**.

#### *Remember:*

- Remember the temporary nature of **THIS LIFE**.
- Remember the reason for it all isn't **COMFORT**.

#### *Practice:*

- Tell the legacy of God's **FAITHFULNESS IN YOUR LIFE**.
- Meet the needs of **THOSE AROUND YOU**.
- Spend time dreaming of **ETERNITY WITH JESUS**.

### Litmus test for my fear right now:

## Food for Thought for the week of March 22, 2020

(Questions and Scriptures for further study)

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1. Christopher talked about focusing on the sovereignty of God as one of the remedies for fear. One of the best chapters in the Bible for gaining a perspective on God's sovereignty is Isaiah 40. This passage compares God's power to things we can understand. Take some time to read through Isaiah 40:9-31 and jot down all it says about how big, powerful, and in control God is.

In what ways can a greater understanding of God's sovereignty help you to trust Him and His perfect timing more?

2. Jesus directly addressed the issue of worry in Luke 12:22-31. As you read the passage, what reasons do you see for not worrying?

How would you summarize what this passage says about worry in one sentence?

How could this passage help you deal with worry?

3. Christopher encouraged us to remember the temporary nature of this life. The Apostle Paul was consistently able to focus on eternal things despite facing challenges and difficulties. What do you see in 2 Corinthians 4:16-18 that helps explain how he was able to routinely choose an eternal perspective instead of focusing on what is temporary?

What is most challenging to you about maintaining an eternal perspective in the midst of uncertain times?