

Soul Care in Self Isolation – Facing the Fear

“When a bacterial or viral pandemic like Covid-19 breaks out the social pandemic of fear is not far behind. This is because when we see others fearing we catch the malady of fear ourselves; fear is infectious.”
Miroslav Volf

Facing the Fear
Emotional Health
Spiritual Health
Relational Health
Mental Health
Physical Health

“Disregarding or minimizing danger is a sign of pride or stupidity and likely of both.” Thomas Aquinas

How do we live with this menacing cloud over us?

Psalm 27:1, 1 John 4:7-18, John 14:1, John 14:27

Mark 4:35-41

Fearing Rightly

2 Corinthians 4:8-10

“Jesus does not condemn our concern for legitimate responsibilities, but rather the continuous mindset that dismisses God’s presence.” Max Lucado

Do you Not Care?

Excessive Fear causes us to remove God from the equation.

Take Aways: How to deal with excessive fear?

Matthew 26:36-46, Luke 22:39-46

1) Pray

Acts 4:23-31, James 5:13

2) **Trust in the Father – belief that God cares**

3) **Don’t do it alone.**

Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca

- 1) Do a check in with everyone in your group. How is everyone doing? What are some good things and difficult things happening right now? Try and have everyone share.
- 2) What was something that stood out to you in the message this week? What was something you learned? Was there anything you had a hard time with?
- 3) Has fear ever negatively impacted you? If so how?
- 4) “To rightly fear means we see the danger but we are not overwhelmed by its prospect.” What do you think of this statement? Do you agree or disagree? Why do you think that way?
- 5) Read Matthew 6:25-34
 - a) What stands out to you in the passage you read?
 - b) What is the most challenging part of this passage for you?
 - c) Was there something that you didn’t understand or do you have any questions about this passage?
 - d) How can we apply this passage to what we talked about regarding fear and worry? Where do we have to be careful with a passage like this?
 - e) Reread verses 31-34. What does Jesus promise here and what does he not promise? What does this mean for us and what we will face every day?
 - f) What does this passage have to say to us about the world we are currently living in and how can it inform how we bring hope to the people we come in digital contact with?
- 6) What part of the takeaways do you need to focus on most when fear comes into your life? What can you do about that this week?
- 7) Spend some time praying for one another. Pray also for our church, our world leaders and for our frontline workers.