



Episode 3: Fear & Anxiety || April 5, 2020

Main Points (Matthew 8:23-27, 1 Peter 5:7)

Fear obscures reality.

The degree of power fear has over you is determined by your perspective.

You can't control what you feel. But you can control your thoughts and actions.

Jesus doesn't panic.

Fear doesn't mean you are a weak or bad person. It means you are a person.

Fear tells us we are alone and helpless.

Faith is choosing to trust in the face of fear.

Following Jesus puts our fears into perspective.

There is something more overwhelming and powerful than fear... Jesus.

Acknowledge reality – Choose to trust – Choose to act

Stay in. Check in. Give out.

God is for you and he is for Salem.

And together WE can be For Salem.

Discussion Questions

1. Honesty time. :) What are your feelings about our current situation with COVID-19?
2. What would a change of perspective look like for you right now?
3. What are some strategies you're practicing or tools you've been using to help you cope with the current situation and deal with fear / anxiety?
4. What are three things you are currently grateful for?

"Show Notes" Resources with Links:

Get to Know Your Socially Distant Neighbor: Would you Rather Game
Taking Care of Your Emotional Health (CDC Article)

Finding help with Anxiety/Depression

Books referred to:

Problem of God \ Reason for God \ Can we Trust the Gospels

Further Bible Reading: Psalm 23, John 16:33, Romans 8:35-39

Apps for Reading the Bible:

- Dwell App (free for 60 days)
- YouVersion App

Facebook Connect Group

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Salem Star shirt: Causewagon

Group Video Instructions: 10 alternatives to Zoom