



FEAR IS A VIRUS BIBLE STUDY

This simple study guide will help you discuss the topic of fear as a family or even act as a guide during your own person quiet time with God. Grab your Bible or Bible App and a journal and write down what God puts on your heart!

Key Scriptures to Study:

John 14:1 ESV Let not your hearts be troubled. Believe in God; believe also in me.

John 14:27 NLT “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.

2 Tim 1:7 NLT For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 Corinthians 5:7 ESV we walk by faith, not by sight

Phil 2:3-4 NLT Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too.

Acts 2:44-46 *All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts...*

Matt 5:14-16 NKJV You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

2 Cor 4:7-9 NLT We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves.

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

Discussion Questions to Use as you study God’s Word:

- Have you ever been stuck somewhere? What was that experience like?
- How do you like to spend time when you’re by yourself?

Start thinking. Meditate on or talk through these questions to help you think:

- Are you dealing with any fears or anxieties right now? What are they?
- Would you describe your faith as more of a weekly faith or a daily faith? What are some ways you could live out your faith more during the week?
- Read Matthew 5:14-16. What does it look like to shine your light to others?

Start sharing. Share as a family or group, or even journal through these questions:

- Describe a time when God showed you He was with you—even though life was tough.
- How can you put others first and bring hope to those who need it this week?

Start praying. Be bold and pray with power:

Father, thank You for never leaving nor forsaking us. Thank You that we can count on You no matter how hard things get or how dark the world seems. Give us the courage we need to act as lights and guide others toward the hope only You can bring. In Jesus’ name, amen.

Start doing. Commit to what God has put on your heart and live it out this week:

- Pray and ask God to show you how you can bring hope to the people around you this week.
- If you’re not able to attend service next week, join us for Church Online.
- Stand up to the fear virus by starting the *Anxious for Nothing* Bible Plan. Find it at: www.go2.lc/nothing