

WATCH

As you may have seen in the video that goes with this study guide, these are anxious times for sure, but anxiety is not anything new to God's people. And anxiety isn't anything new to God in terms of what to say to His people.

For this lesson, I want us to focus on the instructions when God's people were about to cross over the Jordan River into the Promised Land. It's a time for them, like it is for us right now, not knowing quite sure what to expect in the future...as they proceed to cross the Jordan to get to the other side. Likewise, we have uncertainty about going through this pandemic time, and what things will be like after we cross-over out of this time of having to stay-at-home.

As you will see, the constant message is for God's people then, and for us, God's people now, is to be strong and courageous.

READ

Joshua 1:1-16

REACT

Can you understand why this time would be one of anxiety and fear for the Israelites? List several specific fears they would have had.

In what ways is my life uncertain? What gives me anxiety now?

How can being strong and courageous in the Lord be a help and a confidence for me.

REFLECT & PRAY

Think about the things that are giving you anxiety now.

Speak to God about them specifically and ask him to show you how to be courageous and strong by relying on Him.

Ask the Lord to give you strength, so that you in-turn, may be a strength in the Lord to others, just like Joshua.

Lord, please help me to rest in Your strength, and make it my strength. Lord, I know You love me, and You are walking with me through this time. Help strengthen me, and help me, in Your strength, to strengthen others. Thank You for Your word and for Your love.

In Jesus name, Amen