

REFLECTION & DISCUSSION

Here is some material, related to the theme of Sunday's service, that can be used for **personal reflection** ... and/or **discussion** – with your spouse or your family or a friend (on the phone), or a group (on Zoom or similar) ...

God has not given us a **spirit of fear**, but of **power** and of **love** and of a **sound mind**.



-2 Timothy 1:7

The Bible says:

God has not given us (or, did not give us) a spirit of **fear** (literally cowardice) ...

but (a spirit) of **power**, **love** and a **sound mind**. (2 Timothy 1:7)

Think about how the power (dunamos), love (agape) and sound mind (or wisdom, plus control of the way you think) which the Spirit of God gives us might be used to deal with and overcome a spirit of fear, anxiety, panic ...

The Bible also tells us that we should ask God for **wisdom** if we are lacking it (James 1:5) ... How often do you ask God for wisdom? Is this a time to make that a central prayer?

Reflect on/discuss other **biblical promises** regarding fear and protection

...

(You could try looking at **Psalm 5:11, 20:1, 23:4, 32:7; 1Peter 1:4-6; 1 John 4:18**)

Think about/share times when God has rescued you or been with you in a difficult or scary situation ... Does that build your faith?



A Prayer ...

God our Father ... and Saviour ... and Constant Friend ...

Thank You so much for Your love and peace today.

Thank you that You have already overcome the results of the Fall – including COVID-19.

I come to You today, and boldly ask that You will protect and bless those I especially love and care for – those who are with me in our 'bubble', and those who are distant from me ...

my spouse (name him/her),

my children (name them),

and their partners (name them),

my grandchildren (name them),

my parents (name them) ...

my siblings and their families (name them) ...

and

and please also protect and bless me.

I love you Lord, and I want to draw closer to You in these days while I am confined at home.

In Jesus' name I pray, Amen.

