

# The Life Challenge

**Title: Do Not Fear**  
**Text: Isaiah 41:10**  
**Speaker: Pastor Steve Berg**  
**Date: March 22, 2020**



## WARM-UP

**Over the last several weeks, the fear over the coronavirus has spiked as the number of infections, deaths, and locked down countries has multiplied.**

- How are you doing with all of this?
- What is causing you to be afraid?
- Who are you staying connected with despite the social distancing?

## DISCUSSION

**Read Isaiah 41:10 and ask the Spirit to help you with fear.**

**The emotion of fear is brought up a lot in the Bible (300+ times) and God or Jesus speaks this command about 70 times, "Do not fear."**

- Using a concordance or Bible tool, find several more statements about fear (ie. Psalm 23, John 14:27).
- What are your reflections about this often repeated word to people?

**Reflect on your life experience: what does fear do to you?**

**The command, "do not fear" is most often followed by an affirmation of God's character and/or a statement of God's action.**

- Read Isaiah 41:10 again and reflect/journal in your own words how this helps you deal with fear.

**How has God completely addressed our fear—the characteristics that he has manifested and the action that he has taken—through sending Jesus to redeem the world?**

- Express in your own words what the Biblical answer is to your fear.

**What are some ways that you can help others (adults and children) face this COVID-19 pandemic by overcoming fear?**

**Connect with someone by phone, email, or social media to talk about your Life Challenge reflections and pray for each other.**