

# FAITH

# OVER FEAR

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## FAITH OVER FEAR HOW TO RESPOND TO A CRISIS

### HEBREWS 12:28-29

THE EXAMPLE OF ELIJAH  
FOUR UNHEALTHY (BUT COMMON) REACTIONS TO CRISIS

1. \_\_\_\_\_ AND \_\_\_\_\_.

### 1 KINGS 19:1-3a

2. MAKING \_\_\_\_\_ AND \_\_\_\_\_ DECISIONS.

### 1 KINGS 19:3-4

3. \_\_\_\_\_ OTHER PEOPLE.

### 1 KINGS 19:9-10a

4. COMPLETELY LOSING \_\_\_\_\_.

### 1 KINGS 19:10b

# FOUR HEALTHY STRATEGIES FOR DEALING WITH A TIME OF CRISIS

1. TAKE CARE OF YOUR \_\_\_\_\_ NEEDS.

**1 KINGS 19:5-9a**

2. RECONNECT WITH THE \_\_\_\_\_ OF GOD.

**1 KINGS 19:11-14**

3. REALIZE THAT GOD IS STILL FULFILLING HIS \_\_\_\_\_.

**1 KINGS 19:15-18**

4. \_\_\_\_\_ WITH FOLLOWERS OF JESUS.

**1 KINGS 19:19-21**

**Fill in the blanks:** anxiety, worry, rash, unhealthy, blaming, perspective, physical, presence, purpose, connect

## FAITH OVER FEAR DAILY READINGS

Everywhere you turn, or tune in, there is bad news that can feed our fears. At times like this it is even more essential that we fill our minds and our conversations with the truths and promises from God's word. Here are some suggested daily readings for this week. We have also included a question for each day for your own personal reflection and application. It is also designed to be used for discussion with your family, friends, and Life Group.

### DAILY BIBLE READING AND REFLECTION QUESTIONS

<b>Sunday</b>	Isaiah 41:10 & 13	-How can these verses help you choose faith over fear this week?
<b>Monday</b>	Philippians 4:4-9	-What practical steps can you take to turn your anxious thoughts and feelings into peace?
<b>Tuesday</b>	2 Timothy 1:7-10	-What does God give to us to help us face times like these?
<b>Wednesday</b>	Matthew 5:14-16	-What is one way you can let the light of Christ shine through you during this "dark" time?
<b>Thursday</b>	John 16:33	-How can Jesus promise you peace and trouble at the same time?
<b>Friday</b>	1 Peter 5:6-11	-What commands and promises does Jesus give us for times like this?
<b>Saturday</b>	1 Thess. 5:16-18	-Which of these three do you need to put into practice today?