



Do Not Be Afraid – Advice to Live by

Date: Sunday 29th March

Speakers: Andrew & Rosie McNeil

Key Verses: Matthew 6:25

Talk Summary:

- The most repeated command of the bible is “Do not be afraid.” Probably because we have plenty of reason to be afraid!
- Jesus said “I have told you these things so that in Me you may have peace. In the world you will have trouble. But take heart. I have overcome the world.” John 16:33. Faith in Jesus equips us to face reality and be strengthened by hope.
- Read
 - Crisis is disruptive. It’s helpful to read what’s going on around us and maybe what’s going on inside of us too.
 - Crisis disrupts routine. Our minds create maps to accomplish what we need to do. In a crisis our systems all shout that something is wrong. Routine calms us because we know what’s coming. When it’s not there we go into overload. Systems in our body, our adrenal system goes into one of 3 options: fight, flight or freeze.
 - Crisis disrupts connection. The foundation of human functioning is our connectedness, it makes us thrive. Crisis disrupts that connection and we are all feeling it.
 - Crisis disrupts confidence. We just don’t know how things are going to pan out. If we’ll get sick or not - If a friend or family member will pass away. What about our finances - our job, our future, the economy

- Respond
 - We have some options, and we can respond in healthy or unhealthy ways. A daily choice to trust Jesus really helps. Jesus words help us remember things.
 - Remember what really matters. Verse 25
 - Remember your value. Verse 26 - Are you not much more valuable than they?
 - Remember: What you can influence and what you can't. Verse 27 & 30

- Be Renewed
 - Seek first the kingdom. Put God first in our responses.
 - "32 For those that don't know God run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well."
 - Lots of what we face is outside of our control. Think about what you do have control of today. Your time, your space, your choices and responses.
 - This is where spiritual practices massively affect our emotions and mental wellbeing. Spaces like vineyardtraining.org have a great deal of resources. Everything from the daily examen to modules on Spiritual Formation and Self-Awareness. Daily prayer at 1pm and 6pm on the [Facebook page](#) (or [the website](#) shortly after) are another point of connecting with God in our day for those who can make it.

Questions for discussion

- What perspective do you get from the story in Acts?

- How do you want the Church be remembered after this outbreak has faded, and how can we play our part in that?

- What simple things have we taken for granted that we are now really thankful for?

- What of God's character is to be understood in these days, God as peace, God as provider? What experiences in your past help you navigate this present situation?