



# THRIVE CHURCH

GROWTH GROUP STUDY GUIDE | TITLE: PANIC  
SCRIPTURE: MT 10.28-31; 2 TIM 1.7; PHIL 4.6; ECC 7.18; JA 4.17; MT 6.34

## One Thing Follow-up:

Genuine worship brings glory to God, is satisfying to the soul, and is magnetic to others.

Q. How does your worship align with this statement? Does it?

## Opening

This week we took a break from our series in the Psalms to share a stand-alone message on Panic and how Christians should react in times such as these.

## Reviewing the Message

In times of uncertainty, Christians rely on what we know to be true about God, to guide our thoughts concerning situations we do not understand.

**Three thoughts on the Christians response to panic and uncertainty.**

### **First: Put the Problem in Perspective**

Q. How does social media have the capacity to lead to panic?

Q. What is the most common command in Scripture? Hint, Gen 15.1 provides an example.

### **Read 2 Tim 1.7**

Q. How have you experienced this verse to be true in your life? Or, have you seen this exemplified in a situation?

### **Read Mt 10.28-31**

Q. What promise and comfort do you find in these verses?

Q. How can these verses help you face the future?

## **Second: Avoid Extremes**

*... Whoever fears God will avoid all extremes. Ecc 7.18 NIV*

Q. What do we learn from this?

As Christians our response becomes part of our witness, particularly in uncertain times. What we *believe* is demonstrated in what we *do*.

### **Read Phil 4.6**

*Prayer is better than panic*

Q. When have you found prayer to be a source of comfort?

Q. Even when you don't have control, you have responsibility. What does this mean in your life?

## **Third: If the Worst Happens, Lean in and Love the Hurting**

### **Read James 4.17**

Q. How should this verse provide direction in times of panic? Give examples

Q. How might people help in light of COVID-19 Coronavirus?

### **Read Mt 6.25-34**

Q. What has been persistent sources of worry in your life?

Q. Is there a fear or anxiety that you have been able to conquer with God's help?



**Living It Out  
Application**

When everyone else panics, followers of Jesus keep their heads. No, we don't have it all figured out. No, we're not immune to moments of weakness. But in light of who God is, we (1) put the problem in proper perspective; (2) avoid all extremes; and (3) do the good set before us, no matter what.

Q. What is God saying to you through this study?

Q. What will you do differently this week as a result?

Q. How can this group help?

**Prayer:**

Are there any specific needs, struggles, or praises for prayer?