



FAITH OVER FEAR QT SERIES

A spiritual mindset in
the face of crisis

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To the ICOC Manila disciples,

Grace and peace to you!

This 3-Day Weekly Quiet Time series is created to help you face the current crisis happening nowadays with a spiritual mindset. We hope that this material would be useful for you.

Let's keep on getting to know God and His words more and more.

God bless you all!

In Christ,

ICOC Manila Teaching Committee

Day 1

Scripture Reading: 2 Chronicles 20:1-30

Questions to Ponder:

1. How did Jehoshaphat and the people of Judah demonstrate their trust in the Lord during that time of crisis? Do you see their powerlessness (verse 12)?
2. How can you relate with them nowadays?
3. What do you think they were feeling during that time? Do you think they were at peace despite of the crisis? (Php 4:6,7)
4. How worried are you in this time of crisis?

Thoughts: Trusting God during times of crisis like water or electricity shortage and plague (verse 9) means managing our level of anxiety while recognizing our powerlessness. A real and heart-felt trust in God will allow you to be at peace despite of fear. For you understand that the battle is not yours, but God's (verse 15). And any kind of trouble can be worthwhile if it brings us closer to God.

Practical Application: Pray hard like Jehoshaphat. Ask God what to do (verse 12). See if you are worrying or panicking. Pray until you are at peace. After that, share what you learn with your D-Group.

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Day 2

Scripture Reading: Habakkuk 3:16-18

Questions to Ponder:

1. Why do you think Habakkuk changed from complaining (Chapter 1) to trusting God?
2. Think of things that is hard for you to give up. Can you still trust God if you lose these things?
3. How can we also make God our strength in times like these?

Thoughts: It is easy to trust God during prosperous times: we feel good and excited about everything. Last year, I joined a programming contest and our team won and represented the Philippines in Singapore! It was a glorious time and praising God was so natural. This year, though, I found out that our company will close. It was probably one of the most depressing times in my career. What will happen now? I wrestled with my faith and continue to struggle but I found refuge in knowing that God will take care of me no matter what. It is a challenge to trust God in these situations but if we do, it will bring incomparable peace.

Practical Application: Pray for trust and submission. Share your struggles to your group.

Day 3

Scripture: Psalm 91:1-6

Questions to Ponder:

1. What do you think does the statement "rest in the shadow of the Almighty" mean? And why is it only for those that "dwell in the shelter of Most High"?
2. Do you feel close to God? What are the different ways for us to always dwell with God?
3. The psalmist is aware of the many dangers (v. 4-5) that threaten their life yet he did not fear any of them. Do you feel as secure as the psalmist?

Thoughts: There are many reasons to fear in the ancient world (verses 5-6) yet the psalmist says that those who dwell in God "will NOT fear" these, nor any other danger. The chapter talks about disease/epidemic 4 times (verses 3,6 & 10). Humans have faced epidemics for thousands of years. In a world with primitive technology, and zero ideas about germs, people survived. Sometimes we put our hopes on so much on humans – making a cure, usage of masks & alcohol – and forget that the one we should truly put our hopes on is God. Trust in God. And if you are afraid, then maybe dwell more in his presence until you find that rest in Him during these turbulent times. True peace comes from the Lord.

Practical Application: God has now given us time to reconnect with Him. Pray as a family or with friends online.