

## FAITH OVER FEAR



PSALMS 60.2—62.6

Lead me to the rock that is higher than I,  
For thou hast been a refuge for me,  
A strong tower from the enemy.  
I will dwell in thy tabernacle for ever:  
I will take refuge in the covert of thy wings. <sup>Se lah</sup>  
For thou, O God, hast heard my vows:  
Thou hast given me the heritage of those that fear thy name.  
Thou wilt prolong the king's life;  
His years shall be as many generations.  
He shall abide before God for ever:  
Oh prepare lovingkindness and truth, that they may preserve him.  
So will I sing praise unto thy name for ever,  
That I may daily perform my vows.

<sup>Se lah</sup>  
And above a Refuge from Treachery and Oppression.  
the Chief Musician; after the manner of Jeduthun. A Psalm of David.

<sup>2</sup> My soul waiteth in silence for God only:  
From him cometh my salvation.  
He only is my rock and my salvation:  
He is my high tower; I shall not be greatly moved.  
How long will ye set upon a man,  
That ye may slay him, all of you,  
Like a leaning wall, like a tottering fence?  
They only consult to thrust him down from his dignity;  
They delight in lies;  
They bless with their mouth, but they curse inwardly. <sup>Se lah</sup>  
My soul, wait thou in silence for God only:  
For my expectation is from him.  
He only is my rock and my salvation:

<sup>3</sup> Heb. a rock that is too high for me. <sup>4</sup> Heb. to Or, given a heritage unto those etc. <sup>5</sup> Heb. to silent unto God. <sup>6</sup> Or, as other read, Ye shall be slain etc. <sup>7</sup> Heb. be silent unto God.

# FAITH OVER FEAR QT SERIES

## WEEK 2

A spiritual mindset in  
the face of crisis

ICOC  
M A N I L A

### Day 4

Scripture Reading: 1 John 4:7-12

#### Questions to Ponder:

1. According to John, what was an essential attribute or characteristic of God?
2. How did God demonstrate his love?
3. What was the result or effect of God's demonstration of His love?
4. How should we respond to the love we received from God?
5. What are we willing to sacrifice for others as an expression of our love?

**Thoughts:** John encourages us to love one another because that is our identity being sons and daughters of God. We are to show our love for others the way God has shown His love for us. God showed his love for us by sending his one and only Son into the world that we may live through him. (What a sacrificial love!) This is a reminder for us as Christians to reflect one of God's essential characters – Love. As it was written, Love is from God, and God is Love. It is important that we echo this expression of love so that others will experience God and His love will be perfected in us.

**Practical Application:** During this time of adversity or crisis, connect with someone whom you can encourage in whatever form (tangible or intangible) according to your capacity and agreeing to social or community condition at the moment.

## FAITH OVER FEAR

### Day 5

**Scripture Reading:** Col 1:18, 1 Tim 3:14-15

**Questions to Ponder:**

1. What was your initial reaction issued by the church leaders during the NCOV outbreak?
2. Why do you think its important that we obey our leaders especially in these times of crisis?

**Thoughts:** In caring for patients with positive NCOV, patients under investigation (PUI) and patients under monitoring (PUM), we strictly adhere to standard PPE – personal protective equipment. That would include n95 mask, eye goggles or face shield, bouffant (hair net), isolation gown, booties, and double medical gloves. To disregard this would result to exposure and infection not only to ourselves but to our families as well. To ignore the standard PPE – Is considered suicide.

As disciples we also have our PPE, and that is - the Church. The Church is an entity given by God to protect His people, not only spiritually but most of the time physically as well. To obey the directions of the church is a definite way to guard our minds, our hearts, and our souls from the spiritual NCOV (Satan) and spiritual sickness (sin). To ignore the protections given by the church would certainly lead to spiritual suicide.

**Practical Application:** Wholeheartedly obey the present regulations of the church i.e. no social gathering, do online dtimes, devotionals and services.

### Day 6

**Scripture Reading:** 1 Thes 4:11-12, Luke 9:23

**Question to ponder:**

1. Do you feel spiritually relax or lying still right now?
2. What best things can you do nowadays to be spiritually productive?
3. What spiritual things can you do to come out of this calamity stronger and better?

**Thoughts:** I am health care worker.

During weekends - I report for duty.

During holidays and Christmas breaks - I report for duty.

During storms , typhoons and flood - I report for duty.

During volcanic eruption – I report for duty.

During the Covid19 pandemic – I report for duty.

And whenever thing gets back to normal, guess what – I will still report for duty.

On the same note, being a Christian we're always on duty. A true disciple is never "off duty." We are always a disciple. We are a disciple in the actions of our body, and a disciple also in the actions of our mind. We are a disciple in the company of the congregation, in the hassle of our jobs, and in the comfort of our home. We are to remain a disciple and act like a disciple even in this time of uncertain quarantine. We are disciples, we are always on duty.

**Practical Application:** Condition your mind that you are not in a spiritual vacation. Read one spiritual extra biblical book and finish reading it in one month. There are many that can be downloaded free online.