

# PANDEMIC PROOF FAITH

11 This is what the Lord says to me with his strong hand upon me,  
warning me not to follow the way of this people:  
12 “Do not call conspiracy everything this people calls a conspiracy;  
do not fear what they fear, and do not dread it.  
13 The Lord Almighty is the one you are to regard as holy,  
he is the one you are to fear, he is the one you are to dread.  
15 Many will stumble; fall and be broken, be snared and captured.”  
17 I will wait for the Lord...I will put my trust in him.

Hebrew 8:11-17

## OPENING THOUGHTS

USING A NUMBER BETWEEN 1-10 ON YOUR WORST DAYS OVER THE THE PAST 6 MONTHS...

HOW ANXIOUS WERE YOU?	_____	WHY?
HOW AFRAID WERE YOU?	_____	WHY?
HOW CONFUSED WERE YOU?	_____	WHY?

USING A NUMBER BETWEEN 1-10 ON YOUR BEST DAYS OVER THE THE PAST 6 MONTHS...

HOW AT PEACE WERE YOU?	_____	WHY?
HOW STRONG WERE YOU?	_____	WHY?
HOW CONFUSED WERE YOU?	_____	WHY?

## WEEK ONE: THE BASICS

### Discussion Part I

### the Lord giveth...

#### Self-actualization

desire to become the most that one can be

#### Esteem

respect, self-esteem, status, recognition, strength, freedom

#### Love and belonging

friendship, intimacy, family, sense of connection

#### Safety needs

personal security, employment, resources, health, property

#### Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

S\_\_\_\_\_ (no matter the source) naturally  
reveal any F\_\_\_\_\_ pretenses we've built  
to avoid R\_\_\_\_\_ on God

My thoughts...

6 “I gave you empty stomachs in every city and lack of bread in every town, yet you have not returned to me,” declares the Lord.

7 “I also withheld rain from you when the harvest was still three months away. I sent rain on one town, but withheld it from another. One field had rain; another had none and dried up.

8 People staggered from town to town for water but did not get enough to drink, yet you have not returned to me,” declares the Lord.

9 “Many times I struck your gardens and vineyards, destroying them with blight and mildew. Locusts devoured your fig and olive trees, yet you have not returned to me,” declares the Lord.

10 “I sent plagues among you as I did to Egypt. I killed your young men with the sword, along with your captured horses. I filled your nostrils with the stench of your camps, yet you have not returned to me,” declares the Lord.

11 “I overthrew some of you as I overthrew Sodom and Gomorrah. You were like a burning stick snatched from the fire, yet you have not returned to me,” declares the Lord.

Amos 4:6-11

## Discussion Part II

## action : reaction

Calm	Happy	Disturbed	Moody	Connected	Depressed
Content	Inspired	Edgy	On edge	Loving	Despondent
Fulfilled	Invigorated	Exasperated	Outraged	Accepting	Disappointed
Patient	Lively	Frustrated	Pissed	Affectionate	Discouraged
Peaceful	Passionate	Furious	Resentful	Caring	Forlorn
Relaxed	Refreshed	Grouchy	Upset	Compassion	Gloomy
Trusting	Rejuvenated	Hostile	Vindictive	Empathy	Grief
Amazed	Renewed	Impatient	Courageous	Fulfilled	Heartbroken
Awe	Satisfied	Irritated	Powerful	Worthy	Hopeless
Delighted	Thrilled	Irate	Adventurous	Curious	Lonely
Eager	Angry	Uneasy	Brave	Engaged	Longing
Ecstatic	Annoyed	Withdrawn	Capable	Exploring	Melancholy
Energized	Agitated	Embarrassed	Confident	Fascinated	Sorrow
Enthusiastic	Aggravated	Shamed	Daring	Interested	Tearful
Excited	Bitter	Ashamed	Determined	Intrigued	Unhappy
Free	Contempt	Humiliated	Free	Safe	Upset
Indifferent	Cynical	Inhibited	Proud	Despairing	Weary
Isolated	Disdain	Mortified	Worthy	Sadness	Confused
Weak	Disgruntled	Self-conscious	Valiant	Anguish	Emptiness

19 For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God.  
 21 **Christ suffered for you, leaving you an example, that you should follow in his steps.**

22 "He committed no sin, and no deceit was found in his mouth."  
 23 When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats.

Instead, he entrusted himself to Him who judges justly...

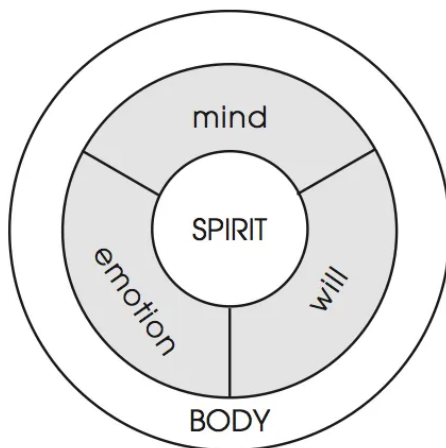
24 ...so that we might die to sins and live for righteousness  
**1 Peter 2**

Suffering R\_\_\_\_\_ character before it B\_\_\_\_\_ character

My thoughts...

## Discussion Part III

## the heart of the matter



"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."  
**Mark 12:30**

Suffering moves you toward the harder work of your S\_\_\_\_\_

My thoughts...

## CLOSING THOUGHTS

### FROM DISCUSSION 1- THE LORD GIVETH

WHAT HAS BEEN TAKEN FROM ME OVER THE LAST 6 MONTHS? HOW HAS THAT AFFECTED ME?

### FROM DISCUSSION 2- ACTION/REACTION

HOW HAVE I REACTED TO THESE LOSSES? HOW CAN GOD ADJUST MY REACTIONS FOR HIS GLORY?

### FROM DISCUSSION 3- THE HEART OF THE MATTER

WHERE HAVE I BEEN MISSING GOD'S WORK ON MY SOUL DURING THIS TIME OF SUFFERING?

## CLOSING PRAYER

Father, forgive us for being distracted in the midst of suffering.

Refocus us through our time in Your Word for the true work of our spirit - that we may truly live for You. Amen.