

## Lessons From A Quarantine

### Week three

#### Main Idea:

Faith isn't the absence of fear, it's not forgetting who's really in control.

#### Starter:

Describe a circumstance or event where you felt you did not have control. How did that make you feel? Why?

#### Discuss:

We all have fears. What are the biggest fears you face? How has this current season affected your anxiety levels?

#### Read:

##### Mark 4:35-41

Like the disciples, how does being in uncomfortable places give us the chance to grow? When faced with unexpected tests in life, how do you tend to respond? Why?

##### Hebrews 11:1

How does your faith display that you believe and obey God even when you don't see Him or understand His ways? What is a way this quarantine season is giving you an opportunity to grow in faith?

#### Apply:

How can your presence create encouragement and safety for someone in their faith journey today? What area of your life do you need to surrender control to God today?