



# The world is currently filled with fear, worry, and doubt.

The world is changing constantly as COVID-19 sweeps across the globe, but there is one thing that will never change: God is on the throne. God has not abandoned us. He is helping us through this trial. He has given us prayer so that we can come to Him whenever and now is no different.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

*Philippians 4:6-7 NIV*

"Can any one of you by worrying add a single hour to your life?"

*Matthew 6:27 NIV*

"Cast all your anxiety on him because he cares for you."

*1 Peter 5:7 NIV*

We are to bring our struggles and worries to God. He loves us and cares for us.

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## Discussion Questions

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"What should we do with our worries?"

"Can you think of any other verses about worry and fear?"