

Life Group Notes – Fear not

15th March 2020

Use this time to encourage each other:

1. Fear not. Trust the Lord.
2. Live Jesus' way. Look to be the hands, feet and mouth of Jesus in our world. Look for 'Gospel opportunities'
3. Pray

Bible passages

2 Timothy 1:7

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Psalm 46, Psalm 23

Philippians 4:4-9

⁴ Rejoice in the Lord always. I will say it again: rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

A few quotes

What makes me think I had more control of my life 6 months ago than I do today? I have never had control of my next breath.

Our daughter Leah has a lovely phrase she uses.

'I am immortal until Jesus says otherwise'.

As believers our eternity has started already and will one day be punctuated by death and then forever with God.

CS Lewis 'On living in an atomic age' (1948)

It was written in 1948 after the dawn of the atomic age.

In one way we think a great deal too much of the atomic bomb. "How are we to live in an atomic age?"

I am tempted to reply: "Why, as you would have lived in the sixteenth century when the plague visited London almost every year, or as you would have lived in a Viking age when raiders from Scandinavia might land and cut your throat any night; or indeed, as you are already living in an age of cancer, an age of syphilis, an age of paralysis, an age of air raids, an age of railway accidents, an age of motor accidents."

In other words, do not let us begin by exaggerating the novelty of our situation. Believe me, dear sir or madam, you and all whom you love were already sentenced to death before the atomic bomb was invented: and quite a high percentage of us were going to die in unpleasant ways. We had, indeed, one very great advantage over our ancestors - anaesthetics; but we have that still. It is perfectly ridiculous to go about whimpering and drawing long faces because the scientists have added one more chance of painful and premature death to a world which already bristled with such chances and in which death itself was not a chance at all, but a certainty.

This is the first point to be made: and the first action to be taken is to pull ourselves together. If we are all going to be destroyed by an atomic bomb, let that bomb when it comes find us doing sensible and human things - praying, working, teaching, reading, listening to music, bathing the children, playing tennis, chatting to our friends over a pint and a game of darts - not huddled together like frightened sheep and thinking about bombs. They may break our bodies (a microbe can do that) but they need not dominate our minds.

Pray

1. Those who are unwell in our community

- a. Alison King
- b. Inga
- c. Ffion, Chris and Niamh Hughes arrived home safely! Thank You Jesus!
- d. Goodalls
- e. Other elderly and vulnerable people

2. Our government, other governments, scientific and medical communities

- a. Wisdom. Ways to treat patients
- b. Vaccination

3. Frontline medical staff

4. People on low income who are struggling to live normally with all the panic buying

5. Gospel opportunities

Here's the church dismissal I read yesterday:

Go forth into the world in peace;
Be of good courage; hold fast to that which is good;
Render to no one evil for evil;
Strengthen the faint hearted;
Support the weak;
Help the afflicted;
Honour everyone;
Love and serve The Lord, rejoicing in the power of the Holy Spirit,
In the name of Christ. Amen.