

FEAR & ANXIETY

WEEK 1 | YOUTH

SESSION 1

CHAT:

Here are a couple of discussion questions around the topics of fear and anxiety based on video 1 for you to chat through and reflect on with your group.

SAY:

It is important that we keep talking about how we are feeling and stay open with each other. I encourage you to be honest whilst we are sharing. I really hope that this discussion is useful and encouraging. Let's remember not to give in to our fears, but lean in to God instead.

DISCUSS:

How are you feeling about Coronavirus and what's happening? Are you feeling fearful and/or anxious?

What are you afraid or worried about?

How has the situation around Coronavirus affected you?

Would you say you are giving in to fear like many people around the world?

What does it look like for you to not give in to fear and panic?