**Day 1 – Fear**

1. What are you fearful of?
2. Imagine someone close to you was very ill. What would you fear?

Read Mark 5: 21 – 24

1. What different emotions was Jairus feeling at different points in the passage?
2. What was his hope?

Read Mark 5:35 – 43

1. How would Jairus feel after v.35?
2. What did Jesus say in v.36?
3. Jairus was fearful of a situation he couldn’t control; he was fearful of losing his daughter. How was Jairus meant to not be afraid? (Look at what Jesus says in v.36.)
4. There are times when we will be afraid. Who are we to look to when we feel out of control, afraid?
5. Pray now and each time this week that you feel afraid that you will remember that Jesus is someone who you can trust with everything. He is the one who is ruling, the one who has power and authority.

**Day 2 – Isolation**

1. Think about how you are feeling at the minute, having to stay in your home.
2. Imagine not having anyone else around you and no technology to communicate. How would you feel then?

Read Matthew 26: 69 – 75

1. Peter was the disciple who said he would stick with Jesus even until death. What do we see of Peter in these verses?
2. Who was still there for Jesus during his hardest time?
3. Jesus was completely alone. On the cross, he was even separated from His Father, for us. Jesus knows how we feel. How does this make you feel?

Read Matthew 28:20

1. What promise does Jesus make at the end of v.20 to those who are trusting in him?
2. All believers are given the Holy Spirit to live in them – they are never alone. How does this make you feel, knowing God is always with you if you trust in him? What difference will it make this week?

**Day 3 – Joy**

1. What is the difference between joy and happy? Can you feel joyful and sad at the same time?
2. Where do you try to find joy?

Read Philippians 4:4

1. What command is given in this verse?
2. When are we to rejoice?
3. What exceptions are given?
4. This is both what God wants to us and a command. Do you always feel joyful? Can we feel joyful by forcing ourselves to? Do we try to do that?
5. Admit to God that you cannot be joyful all the time by yourself. Say sorry to God for trying to find joy by yourself.

Read Galatians 5:22 – 23

1. Who is it that gives joy?
2. Ask God to grow joy in you and give you joy.
3. This week, when you are not joyful, admit that you can’t be joyful by yourself, say sorry to God for trying and then pray to God for help.

**Day 4 – Control**

1. Who are the most powerful men in the world at the minute?
2. What power do they have to stop Covid-19?
3. How do you think they feel, wanting to be in control but unable to?

Read Mark 4:35 – 41

1. What jobs did some of the disciples have before they started following Jesus (Matt 4:18 – 22)?
2. Why were they afraid?
3. What power did they have to stop the storm?
4. Who did have power over the storm?
5. List all the things that Jesus does not have power over.
6. We want to be in control, to work things out, to think that we can plan what is going to happen. The problem is we are not in control, God is. This week, ask God to help you see he is in control, thank him for that and thank him that he is always good and his plans are perfect.
7. Listen to: [Behold Our God](https://www.youtube.com/watch?v=Q8gszLxzOM0)

**Day 5 – Encouragement**

1. Why do Christians meet together?

Read Hebrews 10:25-26

1. What reasons are given here for Christians meeting together?
2. What will be impact if Christians are not doing this with each other?
3. At the minute, we are not able to meet physically together. This does not mean that we cannot encourage one another and spur one another on. Below are some ways in which you might do this. Choose some of these (or some you have thought of) and put them into action today.

* Prayer for others who you know will be struggling.
* Write a card to another member of the church family.
* Text someone with a verse, link to a song or something else that has encouraged you recently.
* Colour a Bible verse picture and give to a member of your family/send to a member of the church family.

**Day 6 – Value**

1. What things do we look to go give use value in life (e.g. some people look to success at school and in exams but there are many others!)?
2. How do we feel when these are taken away from us?
3. How would we feel if the place we looked to for security could never be taken away?

Read 1 John 3:1

1. What do all those who are trusting in Jesus become?
2. How does that make you feel?
3. When you have been adopted, what can change that status?

Read Romans 5:8 – 10

1. What were we when Jesus chose to die for us (look in v. 8 and 10)?
2. If this was our situation and Jesus still chose to die for us, what will stop Jesus loving us? What can stop us being in God’s family when we trust in Jesus?
3. Where is the place we can find true value and worth? How does this make you feel?
4. Slowly read Romans 8:31 – 39 (at least twice!)

**Day 7 – Future**

1. List all of the things that are definitely going to happen in a year’s time.
2. Who can offer certainty for the future?
3. Who can offer hope in a time of darkness?

Read Jeremiah 29:11

1. What promises does God make?

Read Romans 8:28 – 29

1. What promises does God make?
2. This doesn’t mean we will always get what we want or that life will always be easy. Look at v.29 – how is God working for the good of those who love him?

Read Genesis 3:1 – 5

1. What lies does the devil tell? (They are the same lies that he has been telling since!)
2. Where are we going to look for hope and a future – God who controls everything and is working for the good of those who trust Jesus or the world which offers joy and hope but does not fulfil these promises? How can we remember this?
3. Learn Jeremiah 29:11