



HE'S STILL* GOT THE WHOLE WORLD IN HIS HANDS

INTRODUCTION

In the previous session, we said that God **is** at work, even in uncertain times. It's good to know that He is active and working, but what should **we** be doing? How should we live amid uncertainty? How can we keep from being overwhelmed by the fears and insecurities that often go hand-in-hand with uncertainty? God has a plan and His plan is to replace our anxieties with peace.

PART 2

VIDEO NOTES

At some point, this new normal associated with COVID-19 will end. But what do we in the meantime when anxieties, fear, and worries have the ability to consume us? Reading in the letter to the Philippians, we find Paul's response to the unknown and the uncontrollable. He writes from prison during his own season of uncertainty and shares with them those things that have brought him peace. What were Paul's secrets to finding peace in the midst of uncertainty?

- **Rejoice in Jesus.** Find joy in who He is, what He has done, and what He will do.
- **Be gentle.** Don't allow your fuse to get so short because of the stress that you begin to hurt the relationships around you.
- **Don't be anxious.** Instead of worrying, spend time discovering and then confessing what's behind your worry.
- **Receive God's peace.** The peace that can only come from God will guard your heart, protecting you from getting wrapped up with anxiety, stress and worry.

In times of uncertainty we are to **pray** until the **peace** comes.

LET'S TALK ABOUT IT

1. What's sticking out the most to you in your new normal, either positively or negatively?
2. Is there anything new you've added to your schedule or to your routine to make your new normal easier?
3. Read Philippians 4:4. Often, we find ourselves rejoicing in our specific circumstances. But when our circumstances change for the worse, we find our character eroding. Stress impacts how we treat those around us. What would it look like for you to go from rejoicing in your circumstances to rejoicing in the Lord?
4. Why, in this passage on uncertainty, does Paul exhort us to "let your gentleness be evident to all"? How does this impact us personally? Those around us?
5. Paul's use of the word "present" in verse six means "to reveal." Think about your recent prayers. What underlying, deeper needs are revealed by your prayer requests?
6. Complete the following sentences: Heavenly Father, I need _____. If you don't, I'm afraid that _____.

THIS WEEK

Think through your routine during this new normal. How can you consistently create time and space for honest conversations with God? As you continue to tell God what you need and confess your fears, keep a record of how you feel internally and how your character reflects this time with God.

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