



Strong, Confident & Courageous | Shawn Johnson | 3.22.20

Weekly Study

START

To get things started, go around the circle and answer the following question:

What is the hardest part of social distancing for you?

SHARE

Welcome to Group! You may not be in the same room, but how amazing is it that we can still meet together through technology? We are all experiencing something new, so before we go any further, take some time to check in with your Group and see how everyone is feeling about the Coronavirus by answering these questions:

What has been the scariest or most difficult part of this week for you?

What is one positive thing that has come out of this experience for you or your family?

What are three words you would use to describe how you've felt this week regarding the Coronavirus? Why did you pick those words?

Take some time to pray for everyone who has been impacted by the Coronavirus.

- **Pray for healing for those who are sick.**
- **Pray for strength for their families.**
- **Pray for wisdom for the officials and leaders who are working to keep us safe.**

G R O W

This week Shawn talked about the worry, fear, anxiety, and depression that is accompanying many people during this time of social distancing.

Do you resonate with any of those words? Which one and why?

Read Joshua 1:1-9

Joshua 1 is a fitting message for this time. On his way to the Promised Land, Joshua had several obstacles standing in his way. But God reminded him over and over again that those obstacles were actually opportunities for Him to move!

God tells Joshua to be strong and courageous through the process. Notice, He doesn't tell him to *feel* strong and courageous. He said, *Be* strong and courageous. There is a big difference between "feeling" and "being." Sometimes we are going to *feel* scared, which is completely normal, but the invitation is to keep moving forward no matter how we feel. As Shawn reminded us this week, "God's not prohibiting Joshua to feel fear, he's saying just don't walk away from your calling." Courage isn't the absence of fear, it's deciding to continue to move forward, even if we are afraid.

So, what does that look like for us? We all have people in our lives who could use a little encouragement this week. As followers of Jesus we have a unique opportunity to give some hope and courage to our family, our neighbors, or even strangers at the grocery store. We may feel afraid, but remember God is going with you every step of the way!

What is one practical way you can be strong for someone in your life this week?

Who is one person in your life who needs to be reminded that God is with them? How can you reach out to them and encourage them today?

M O V E

Read Joshua 3:4-6

What do you think the word “consecrate” means?

What stuck out to you from this passage?

Wandering in the wilderness is never fun, but that doesn’t mean it has to be wasted. God used the time in the wilderness to prepare the Israelites to enter the Promised Land. Through the grueling years of wandering, they learned to put off their old identity as slaves and trust God.

On the eve of crossing over, God gave them one last call to consecrate themselves, to set aside their old ways and step into the new. But notice the why behind all of these instructions; “then you will know which way to go, since you have never been this way before” (Joshua 3:4). It was essential that the Israelites kept God first, because this was new territory for them.

How fitting is that for us today? The Coronavirus is a new experience for all of us. Our world has never been this way before. Now more than ever, we need to trust and allow the presence of God to go before us and take us where we need to go. Because although we are in a difficult time, these obstacles can actually become opportunities. The wilderness isn’t fun, but it also doesn’t need to be wasted.

Here's a great question to be asking yourself: ***What is God preparing you for during this time of social distancing, and how can you be sure you don't waste it?***

Take some time to listen to each other respond to those questions. You may not have the answer right away, but sometimes listening to other people answer that question will spark something in your mind.

Take-Home Assignment: Quarantine Quiet Time

This week, many of us have the unique opportunity to have more time at home. Here's a step-by-step guide to having a quiet time.

Step 1: Find a quiet place.

Step 2: Slow down by taking a few deep breaths.

Step 3: Ask God to speak to you in this time.

Step 4: Open your Bible and read a passage (there is a reading plan available on our app).

Step 5: Take some time to contemplate what you just read. You may find it helpful to write your thoughts down in a journal.

Step 6: Pray about any worries or thoughts that have arisen during this time (Philippians 4:6).

That's it! It may feel uncomfortable at first, but it works just like exercise. The more you do it, the easier it gets!

P R A Y

We need prayer now more than ever. Spend some time sharing prayer requests. If you are in a coed group, consider breaking off into two separate calls to share more freely.

T O G O

“The Lord will fight for you; you need only to be still.”

- Exodus 14:14