

**March 14<sup>th</sup> - 20<sup>th</sup>**

**Peace Over Panic**

In this lesson you will learn three ways to have peace over panic in your life.

**Intro:** The situation pertaining to the Corona virus has led to an escalation of fear, panic, and an uncertainty disrupting the very fabric of our lives. The spirit of pandemonium over the pandemic has created shortages of cleaning supplies and everyday household items are sold out in supermarkets. The sports world has cancelled entire seasons of play for leagues such as the; NBA, NHL, and the NCAA basketball tournament. Where is the peace & hope in the world? Our hope is in the power of our God.

**I. Peace Comes from Time in His Presence**

- A. The apostle John was in isolation, quarantined if you will, on the island of Patmos (Rev 1:9). Yet he was full of peace as he received from God the power book of Revelation. He was full of peace because he abided in His presence. Access that secret hiding place in God's presence through praise and worship. Shut out the chaos and the noise of the world, and get away with /God. Praise, exalt, and extol the Lord in your times of trouble.

**II. Peace Comes from Trusting in His Promises**

- A. Psalm 23:4- David stayed peaceful even as he walked through the valley of the shadow of death. Peace comes from trusting in the promises and character of Almighty God. Trust is an attitude and an action. Trust yourself wholeheartedly to Father God. Turn your focus away from the; panic, fear, and doubt, and focus on His promises of protection, security, and care. Focusing on His Word will lead you away from fear and into faith.

**III. Peace Comes when we Pray**

- A. In the Old Testament, Daniel developed a spiritual discipline from a young age of praying three times a day every day of the week. When he was thrown into the lion's den, he had peace that God would shut the mouths of the lions. Daniel was a prayer warrior, and developed a lifestyle of prayer that led him into daily peace. We can have that same peace by worrying about nothing, and praying about everything in our lives (Phil 4:6-9).

**Discussion Questions**

1. Are you spending quality time in His presence on a daily basis?
2. Are you focused on the promises of God's Word, or the pandemonium surrounding the virus?
3. Are you taking your cares and burdens to the Lord in prayer?