



4. What did Jesus provide to the disciples to help them do what He was asking them to do?

## Reflection

5. Have the current world circumstances been making you anxious and afraid?

a) What is one worry you are facing right now?

b) CHRIST IS RISEN! Jesus suffered greatly but emerged victorious over death. Does this give you hope for your situation? Why or why not?

## Application

6. Who are people around you who need Jesus' comfort and assurance? Think about ways in which you can show Christ's love to them in such a time as this.

## Prayer

7. Write out a prayer for yourself based on what you have heard and learned from this session.

(a) What is in your heart for yourself?

- Perhaps you are struggling to find hope in your current circumstances:

"Loving Father, I am worried because (voice your worry to God here). I am helpless and there is no one else to turn to except You. I entrust my circumstances into Your hands. Grant me the grace to trust that You are my protector, my provider, my comfort and my strong defender. Just as Christ emerged victorious over death, help me to believe that You will bring me through these circumstances victorious, and may this time strengthen my faith and love for You. In Jesus' name, Amen."

(b) What is in your heart for others?

- Perhaps you feel led to help someone who is affected by the circuit breaker measures but you don't know how:

"Gracious Father, please grant me wisdom to help (*name of person*) during this time. May you give me creativity and ideas as to how to show them Your love for them. May they see how much You love them and glorify You because of what You have done for them. In Jesus' name, Amen."

- It is always useful to collate these prayers and to refer to them for thanksgiving and sharing next week.