

The power of bad – How to fight fear with faith

Glynn Harrison: Seminar 3

HOW TO USE THIS RESOURCE

This seminar is the third in a series of four. You can watch the seminars on your own or with your church, small group, youth group or friends. The questions/reflections provided may help you discuss and work through how to apply what you've learnt to your own life.

WATCH THE VIDEO:

[Seminar 3:
tinyurl.com/5d8cfb5b](https://tinyurl.com/5d8cfb5b)

SEMINAR OUTLINE

Anxiety is on the rise, especially among young people. The Bible teaches that perfect love 'casts out' fear, and Jesus counselled, 'let not your hearts be troubled.' But is this easier said than done? Given evidence that human beings possess an in-built sensitivity to negative threats – the 'power of bad' – how can we order our hearts away from fear and toward a positive life-giving faith?

QUESTIONS

1. How have you personally experienced the 'power of bad'?
 2. Why do we have this in-built negativity bias?
 3. In what ways does mass media feed the 'power of bad'?
 4. What are some of the hallmarks of living in an 'age of anxiety'? How can we combat them for ourselves and our children?
 5. How does the gospel help us battle the 'power of bad' and give us measured optimism?
 6. What does it mean to prioritize your fears and your loves? Why is this re-ordering of your heart important?
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REFLECTION/PRAYER

- What habits will you cultivate to nurture the good in your life and limit your exposure to the 'power of bad'?
- What does the 'rule of glad' look like in your situation? Complete the sentence: 'Even though I'm going through... I'm glad at least that...'
- Thank God that the power of the gospel is greater than the 'power of bad' which is - and will be - defeated. With fear and anxiety on the rise and devices jostling for our undivided attention, ask God for help to keep our focus on him and his Word which speaks truth and hope to us. Pray that we would cultivate gratitude and learn to 'love God first then love everything else for the sake of God' (St Augustine).
- On the final day God's image will be fully restored in us. Until then, align your hearts with the end God has planned: 'Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things' (Philippians 4:8).