



Surrounding oneself with supportive Christian community as a way of managing fear

## Description

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## Surrounding Yourself With a Supportive Christian Community

Fear is a natural emotion that can be difficult to manage. It can be especially difficult for Christians, who are called to trust in God and rely on His strength. Fortunately, there are ways to manage fear through the support of a Christian community. By surrounding oneself with supportive Christian friends and family, one can find the strength and courage to face their fears.

The Bible is full of examples of how God uses community to help us in times of fear. In the book of Joshua, God tells Joshua to “be strong and courageous” (Joshua 1:9). He then goes on to say that “the Lord your God is with you wherever you go” (Joshua 1:9). This is a reminder that God is always with us, even in times of fear.

In addition to God’s presence, the Bible also speaks of the importance of having a supportive Christian community. In the book of Ecclesiastes, it says “two are better than one, because they have a good return for their labor” (Ecclesiastes 4:9). This verse speaks to the power of having a supportive community to help us in times of fear. By having a supportive Christian

community, we can find strength and courage to face our fears.

Having a supportive Christian community can also help us to better understand our fears. By talking to others who have gone through similar experiences, we can gain insight into our own fears and learn how to better manage them. We can also learn from the experiences of others and gain wisdom on how to better cope with our fears.

In addition to providing support and understanding, a supportive Christian community can also provide accountability. By having a group of people who are committed to helping us face our fears, we can be held accountable for our actions and be encouraged to keep going even when we feel like giving up.

Finally, a supportive Christian community can provide us with prayer and encouragement. By having a group of people who are praying for us and encouraging us, we can find the strength and courage to face our fears.

## Quiz

1. What does the Bible say about having a supportive Christian community?

- A. It is not important
- B. It is important
- C. It is not mentioned
- D. It is discouraged

2. What does the book of Joshua say about God's presence?

- A. He is always with us
- B. He is sometimes with us
- C. He is never with us
- D. He is only with us in times of fear

3. What does the book of Ecclesiastes say about having a supportive community?

- A. It is not important
- B. It is important
- C. It is not mentioned
- D. It is discouraged

4. What can a supportive Christian community provide us with?

- A. Support and understanding
- B. Accountability
- C. Prayer and encouragement
- D. All of the above

5. What does the Bible say about God's presence in times of fear?

- A. He is always with us
- B. He is sometimes with us
- C. He is never with us
- D. He is only with us in times of fear

### **Discussion Questions**

1. How can having a supportive Christian community help us to better understand our fears?
2. What are some practical ways to find a supportive Christian community?
3. How can having a supportive Christian community help us to be held accountable for our actions?
4. What are some ways to encourage and support others in times of fear?
5. How can prayer help us to find strength and courage to face our fears?

### **FAQs**

Q: What does the Bible say about having a supportive Christian community?

A: The Bible speaks of the importance of having a supportive Christian

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community. In the book of Ecclesiastes, it says "Two are better than one because they have a good return for their labor" (Ecclesiastes 4:9). This verse speaks to the power of having a supportive community to help us in times of fear.

Q: What can a supportive Christian community provide us with?

A: A supportive Christian community can provide us with support and understanding, accountability, prayer, and encouragement. By having a group of people who are committed to helping us face our fears, we can be held accountable for our actions and be encouraged to keep going even when we feel like giving up.

Q: How can prayer help us to find the strength and courage to face our fears?

A: Prayer can help us to find strength and courage to face our fears by reminding us that God is always with us and that He is in control. Prayer can also provide us with comfort and peace in times of fear.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. **Amen** [If you prayed the above prayers kindly click here to get more information](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)  
[https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

## Search for any text or verse in the bible

Example: Joy, Love, 1 John 1:3

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Answers: 1. B, 2. A, 3. B, 4. D, 5. A

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