

1) Have we fallen prey to the "what if's"?

From the idea that drinking bleach can kill the coronavirus to a theory that the virus was created in a lab as a bioweapon, the COVID-19 pandemic has generated a flurry of misinformation, hatching more than 2,000 rumors, conspiracy theories and reports of discrimination, according to a new study.

COVID-19 has fueled more than 2,000 rumors and conspiracy theories

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<https://www.livescience.com/covid-19-rumors-conspiracy-theories-infodemic.html>

2) Are there health impacts of living in Worry, anxiety, fear?

Whenever we think a thought or have a feeling or physical sensation, thousands of neurons are triggered and form an internal neural network. The brain learns to trigger the same neurons with repetitive thinking.

That said, we become what we think and say. If you focus on feelings / thoughts of criticism, worry, and victimization, it is much easier for your brain to call those things to the surface. This can lead to serious depression and anxiety.

March 24, 2017

In "Health Spirit Body"

Article titled - **Research Shows That Physically Complaining Rewires Your Brain To Be Depressed And Anxious**

3) What if you are plagued by worry, anxiety, fear!? Is there a better response to the bad things that are happening in the world?

a) 2 Timothy 1:7

7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

4) Do we believe these verses?

a) Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

b) 2 Thessalonians 3:16

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

c) Philippians 4:6 - 9

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is

anything praiseworthy—meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

5) Are you secure in Jesus?

- a) 1 - Paul had assurance in Christ – 2 Timothy 4:6-8
- b) 2 - Peter had assurance in Christ – 1 Peter 1:3-5
- c) 3 - John had assurance in Christ – 1 John 5:11-13
- d) 4 - Jesus gave us assurance – John 6:40, 47

6) Do you have assurance?

- a) 1 - That your sins are forgiven & that they can receive power to live victoriously.
- 1 John 1:9
- b) 2 - That you have been born again - John 3:3-5.
- c) 3 - If you have accepted Christ, you are a new creation. - 2 Cor. 5:17
- d) 4 - That you have received the Holy Spirit. - John 16:6-14
- e) 5 - That you have assurance of eternal life. - 1 John 5:12 & 13.
- f) 6 - That the God of hope fills you with all joy and peace - Romans 15:13
- g) 7 - God gives peace at all times and in every way – 2 Thessalonians 3:16
- h) 8 - God makes you complete in every good work - Hebrews 13:20, 21