



John 20:19-22 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit."

Matthew 6:34 "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."

Icebreaker

Name a courageous person you know and why you think they have courage.

Conversation Starters

1. When you are afraid, startled or alarmed which describes you best? Fight, flight or freeze?
2. **Have someone read John 20:19-22.** Alice pulled out 4 keys for courage from this Scripture. Which of the following are you most likely to do when you need courage? Connect in Community, Stay in the Current Moment, Care for others or connect to the breath? Which are you the least likely to do? Why?
3. Tell about a time you found courage by finding **community or connecting** with people you love. Do you believe Alice when she says, the biology of courage is unleashed when we turn to community, our brains release chemicals that increase courage and expand hope, our fear center shuts down.
4. **Have someone read Matthew 6:34** What strategies are you aware of **or** have you tried that can help keep you in the **current moment**, not looking ahead with worry?
5. **Care for others-** Who is a person in your life who needs a sign that you really see them and care for them?
6. **Connect to the breath -** What does it mean to have a full bodied faith? If you tend to experience faith mainly as an intellectual exercise, what would need to change for you to experience a more full-bodied faith?
7. What has been the worse, the most lame "advice" you've ever been given when you were afraid? What made it so bad? Can you recall any great advice you received about facing fears?