**TOPP LINE**
Jesus has overcome the world, so take heart!

**SCRIPTURE**
John 16:33-17:23 NIV
Philippians 4:11-13 NIV

**PRAYER TIME**
As a small group or family, share with God in prayer what you are grateful for today and what you are most anxious/stressed/worried about during this pandemic. Thank God for what you're grateful for and ask God to strengthen your faith in Christ so you can face what you are most anxious/stressed/worried about. God hears you and is with you!

**JUST FOR FUN**
What's the silliest thing you've done when you were by yourself? What's the silliest thing you've done with other people?

**DISCUSSION QUESTIONS**
Taking heart and having courage during hard times isn't always easy, but Jesus can give us the strength to persevere.

1. What's one thing that easy about social distancing during this global pandemic?
2. What's one thing that is hard about social distancing during this global pandemic?
3. What is something that you're most looking forward to doing once the pandemic passes?
4. What are you most scared or anxious about right now?
5. Read John 16:33. What has Jesus overcome that can help you to “take heart” or have courage while you are scared or anxious?
6. Read John 17:20-23. Jesus prays for all believers to be one. How can we “be one” with Jesus and others right now even while we're physically apart? How does Jesus help us be one?
7. Read Philippians 4:11-13. How do you think it was possible for Paul to know how to be content in “all things,” even being alone in prison? What was his secret?
8. What are some things you can do today to be more like Paul in contentment and strength? (i.e. pray, worship, read the bible, practice gratitude, encourage others in faith, etc.)