
Keep Believing, Keep Fighting

How to hold on to faith when fear is trying to take over.

Overview.

Fear has a way of taking over quietly — one news alert, one worried thought, one sleepless night at a time. But faith and fear can't both drive. In this discussion, we'll look at how to make the choice to believe when the facts feel overwhelming, how to pray instead of panic, and how to stay spiritually strong when everything around us is in crisis.

Warm up.

Icebreaker: If you could call one person right now who always makes you feel calmer just by talking to them, who would it be? What is it about them that settles you down?

That instinct to reach for someone steady is exactly what we're going to talk about today — and why faith works the same way. When life spins out, we need something to hold onto.

Watch the video.

[How to Have Faith When You're Afraid](#) — a video by Bay Area Christian Church

Follow along with the guide, or use it independently as a recap. If you're in a group, press play.

Read and talk.

1. Faith doesn't ignore the facts — it outlasts them.

We need faith to handle the facts. His faith was so strong that it could not be undermined by the fact that he and Sarah were incapable of conceiving a child. He never stopped believing God's promise, for he was made strong in his faith... and convinced that God had all the power needed to fulfill his promises.

— Romans 4:19 TPT

- **Key point:** Faith isn't pretending the facts aren't real. Abraham knew exactly what was true — he and Sarah were too old. He chose to believe God anyway. That's not denial. That's spiritual tenacity.
 - **Reflection:** Where am I letting a difficult fact crowd out my faith right now?
 - *(Examples: a health diagnosis, a financial situation, a relationship that hasn't changed, something happening in the world, etc.)*
 - Is there a difference between acknowledging a hard fact and surrendering to it? What does that look like in my life?
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2. God and science are not enemies.

God delights in concealing things. Scientists delight in discovering things.

— Proverbs 25:2 MSG

- **Key point:** God works through the people trying to solve hard problems — doctors, researchers, scientists. Prayer isn't a substitute for medicine or expertise. It's what we do alongside it, believing that God can reveal answers through human discovery.
 - **Reflection:** Have I ever treated faith and facts as opposites — like I had to choose one or the other? What would it look like to hold both at the same time?
 - *(Examples: doubting God because science has explanations, avoiding prayer because I'm focused on practical solutions, feeling like faith means ignoring what's real, etc.)*
 - What's one thing I could specifically pray for that connects to what scientists, doctors, or leaders are working on right now?
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3. Pray instead of panic — and stay connected.

So be strong and courageous. Do not be afraid and do not panic before them, for the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.

— Deuteronomy 31:6 NLT

- **Key point:** Panic is fear with nowhere to go. Prayer is fear handed to someone who can actually do something with it. And during any crisis — especially one that isolates us — staying emotionally connected to people around us is not optional. It's how fear gets stopped before it becomes anger, bitterness, or emotional shutdown.
- **Reflection:** When I feel afraid or overwhelmed, what's my default move?
 - *(Examples: scroll my phone, go quiet and pull away, vent to someone, look for more information, pray, etc.)*
- Who in my life right now might need me to reach out and simply say: don't panic, I'm here?

Discuss

1. Martin Luther King described a moment of crisis where he realized his parents couldn't help him, coffee couldn't help him — he had to know God for himself. Have I ever had a moment like that? Am I in one now?
2. Ron Kuhn said the goal of emotional health isn't to be without difficulty — it's to be clear, with no unfinished business. What unfinished business in my spiritual life has fear, busyness, or distraction kept me from dealing with? What would it mean to get clear right now?
3. Churchill said: never give in — never, never, never, never. What is one area of my faith, my relationships, or my life where I've been close to giving in? What would it look like to keep fighting this week?

Keep growing.

- **Pray specifically, not generally.** This week, write down one concrete thing you're afraid of and one person or situation you want to pray for — a scientist, a doctor, a country, someone you know. Pray for it every day and notice what changes in you.
- **Stay connected to one person.** Send a text or make a call to someone who might be isolating or afraid. You don't need to have answers — just showing up matters. Fear grows in isolation; faith grows in community.
- **Do a media audit.** Spend one day this week tracking how much time you spend consuming news or social media versus praying or reading scripture. Whatever you feed grows. Make one intentional swap.

Dive deeper.

For more on this topic, check out: [From Fragile to Firm: The Spiritual Mechanics of Building Resilience](#)