



Hello!

Man! What a crazy world we are living in right now! Here's what you can expect from us each week.

1. Video Content.
2. Discussions Guides.
3. Instructions.

Sunday, March 22, 2020.

Step 1 - Watch the Video [Here!](#)

Step 2 - Talk about these questions:

1. What is a stereotypical fear you have? (Spiders, snakes, heights, etc.)
2. What is something you used to be afraid of that you aren't anymore? (Spiders, the dark, riding the bus, etc.)
3. How can fear direct our lives? (It can keep us from... It can cause us to hide... It can cause us to not do...)

Step 3 - Click [here](#) for a more in depth conversation guide.