## PEACE FOR THE ANXIOUS SOUL DISCUSSION QUESTIONS

PHILIPPIANS 4:6-7

1	In the message on Sunday we talked about some funny fears that people have. What are some funny or unreasonable fears that you or "that person you know" has?
2	In Philippians 4:6-7, Paul answers the question, "How am I to respond when I'm tempted to worry?" Read the passage out loud as a group and fill in the blanks below.
	Ø Don't, but instead and you'll
"Do	o not be anxious about anything"
3	<b>Paul says, "Do not be anxious about anything."</b> Anxiety is something that we're going to face every day and in every stage of life. What are some common signs or symptoms that someone might show when struggling with anxiety?
	Now go back and circle the ones above that you most commonly see in your life when you're struggling with fear. As you feel comfortable doing so, discuss these with the group.
4	Our anxieties may be categorized into two groups: (1) things that we want and we're afraid we'll never get, (2) and things that we have that we're afraid we're going to lose. What are some things that you're often tempted to worry or be anxious about?
"…	but in everything by prayer and supplication with thanksgiving let your requests be made known to God"
5	Paul says when we're tempted to worry, "Don't worry, but instead pray." In the message Sunday, we looked at three truths of which prayer
	reminds us. What Bible verses or stories come to mind that support these truths?
	Ø God is the Creator and we are the creature.
	All good comes from God.

📿 Take time to think about and discuss how these truths affect you in your struggle with fear.	
6 It's interesting to note that Paul says that we are to pray "with thanksgiving." Why is thanking God sug with anxiety? (Hint: Read Romans 1:21-23)	ch an important aspect of our battle
🔗 When you stop thanking God, what blessings do you forget about and what idols begin to grow in your	heart?
Paul says that we should "let [our] requests be made known to God." We are to take to God our specific think about our cares and not actually take them to God in prayer. What are some practical tips or tools the your cares? (Prayer journal, app, memory verses, etc.)	requests. It's easy to just constantly aat help you remember to pray about
"And the peace of God which surpasses all understanding will guard your hearts and mind	ds in Christ Jesus."
8 The "peace of God" is referring to the very peace that God himself possesses. Why is it that God can po	ossess such absolute tranquility?
	PRAYER REQUESTS
As Christians, we know that we know intellectually that we are under God's care. What does it reveal about our hearts when we lack the peace he so freely offers?	
In closing, take some time as a group (or split up into small groups) and go to God in prayer, casting your cares on him and confessing areas where you've failed to trust that he is in control.	