


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.

 Don't _____, but instead _____ and you'll _____.

“Do not be anxious about anything...”


- 3 **Paul says, “Do not be anxious about anything.”** 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?

 God is the Creator and we are the creature.

 All good comes from God.

