

# ANXIOUS FOR NOTHING

## **Anxious For Nothing, Pt. 1: Celebrate God's Goodness**

Anxiety is nothing new. King David, Paul, and even Jesus experienced anxiety. While we live in a day when anxiety is on the rise, there are things we can do to lessen our anxiety. The Apostle Paul addressed this very issue and gave the church in Philippi instructions on how we can win.

**Bottom Line:** Anxiety decreases as your trust in God increases.

### **Discussion Questions:**

1. What is your biggest phobia or fear?
2. Is there a particular area of your life that you tend to get anxious about more than others (finances, relationships, time, etc.)?
3. In what ways do you recognize anxiety impacting you or those around you?
4. How do you usually cope with your anxiety?
5. What does celebrating God's goodness look like for you?
6. How could you remind yourself of God's character and presence?
7. How have you experienced God's peace when you've relinquished control to Him?
8. **Read Matthew 11:28-30.** A yoke is a wooden beam normally used between a pair of oxen or other animals to enable them to pull together on a load when working in pairs. Using this word picture, what peace and comfort do you have knowing that God is bearing your life with you?
9. What was the most helpful thought or idea from the message? How did that help you?
10. How can the group encourage you this week?

### **Action Steps:**

1. Read Philippians 4:4-9 every day.
2. Memorize Philippians 4:4-5.
3. Every day, find a way to rejoice (celebrate) in God's goodness.