

ANXIOUS FOR NOTHING

Anxious For Nothing, Pt. 2: Cultivate God's Presence

When pressure mounts and anxiety rises, what can you do? What will help you keep your head in the middle of the daily pressures of life? This is what Paul addresses in Philippians 4:5.

Bottom Line: Anxiety is needless because God is near.

Discussion Questions:

1. Who do you know that you would characterize as calm in the midst of challenges?
2. What helps you control your reactions in moments that spiral downward?
3. **Read Philippians 4:4-6:** *"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything..."* (NIV). How would you describe the idea of gentleness? Why would it be important that our "gentleness" to be evident to all?
4. **Read Psalm 112:6-8.** What enables the righteous to be steadfast and without fear? Explain.
5. Isolation can lead to an increased sense of anxiety which is why God's presence is so helpful. In what ways have you cultivated the presence of God in your own life?
6. Why is repentance so important in your walk with Jesus (**Acts 3:19**)? How has obedience to Jesus strengthened your relationship to him?
7. **Read Psalm 19:7-8 and 62:8.** What role does Scripture have in giving us strength for the moment? How does prayer help?
8. What practices have helped you be more aware of God's presence?
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?