

ANXIOUS FOR NOTHING

Anxious For Nothing, Pt. 3: Ask God for Help

To this point in our study of Philippians 4:4-9, Paul has been assuring us of God's character: his sovereignty, mercy, and presence. In Philippians 4:6, the conversation shifts and now it is our turn to act on these realities.

Bottom Line: The presence of anxiety is unavoidable, but the prison of anxiety is optional.

Discussion Questions:

1. Right now, the thing I struggle with most during this pandemic is:
a) relational challenges or frustrations, b) being cooped up, c) financial pressure, d) anxiety & worry, e) other _____.
2. **Read Philippians 4:4-6.** When Paul wrote, "Don't be anxious about anything," he wasn't saying that we couldn't ever experience anxiety, rather he was saying that we should never be in a constant, perpetual state of anxiety. Is that distinction important to you? Explain.
3. When it comes to prayer, what do you find most intimidating? Challenging? Beneficial?
4. "We should pray for hangnails and miracles and everything in-between."
What's your response to this statement? a) I wish I'd known that a long time ago!
b) Duh! c) God's got more important things to do than to pay attention to my prayers.
d) Other _____.
5. How would you describe your prayers? a) General communication with God in a spirit of worship and adoration, b) urgent requests, c) very specific and detailed requests, d) other _____.
6. How have your thoughts about the role of prayer in addressing anxiety changed as a result of the the message this week from Philippians 4:6?
7. What was the most helpful thought or idea from the message? How did it help you?
8. How can the group encourage you this week?