

# ANXIOUS FOR NOTHING

## **Anxious For Nothing, Pt. 4: List God's Blessings**

The United States of America is the wealthiest, most powerful nation in the world. It is also among the safest. Why, then, are we the most anxious among the world's people? As we saw in session three, Paul instructed the Philippians to be specific in their prayers. In this session we will discover what else makes prayer a powerful tool in defeating anxiety.

**Bottom Line:** Gratitude suffocates anxiety.

### **Discussion Questions:**

1. Who has best modeled gratitude to you? In what ways was their life different/similar to others? What was the source of their gratitude?
2. By the time Paul wrote his letter to the Philippians (~A.D. 62/63), he was an older man who had faced unimaginable personal, sustained hardships. Have have two people look up and read **2 Corinthians 4:7-18 & 11:22-30**. Do you think it was easy or difficult for Paul to be thankful? Explain.
3. Have different people look up and read the following passages for the group: **Ephesians 5:19-20; Colossians 2:6-7 & 3:15-17; 1 Thessalonians 5:16-18**. Why do you think Paul was constantly instructing people to be and express their thankfulness?
4. In Philippians 4:6, the word for "thankfulness" is the greek word *eucharistias*, from which we get our word Eucharist. What significance does this have for you?
5. What is your reaction to the [short film by Louie Schwartzberg](#)?
6. What will you begin doing to develop and grow in thankfulness?
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?