

ANXIOUS FOR NOTHING

Anxious For Nothing, Pt. 5: Meditate on Good Things

You may not be able to avoid anxious thoughts from time to time, but you don't have to live in the prison of anxiety. In Philippians 4:8, the Apostle Paul gives us another powerful tool that, when used, will help us rid our hearts of perpetual anxiety.

Bottom Line: Meditate on good things.

Discussion Questions:

1. What do you think of when you hear the term "meditation"?
2. **Read Joshua 1:8, Psalm 48:9, Psalm 72:12, and Psalm 119:97.** How do these passages inform your understanding of what God says about meditation?
3. **Read Philippians 4:8.** What do you think distracts you from keeping your thoughts focused on good things, on truth? Can you identify any patterns that lead you toward anxious thoughts?
4. What would it look like to actually do what Philippians 4:8 says?
5. What are some other practical ways that have helped you to meditate on God's truth?
6. What was the most helpful thought or idea from the message? How did it help you?
7. How can the group encourage you this week?