

ANXIOUS FOR NOTHING

Anxious For Nothing, Pt. 6: Peace is Possible

How is your stress level these days? Are you on edge? Frustrated? Worn down? Anxious? Is your soul burned with cares? We've all been there. Some of us have sought the help of a counselor, psychiatrist, or doctor and have found a measure of relief from anxiety as a result. But even then, there are still things only God can alleviate.

Bottom Line: God's peace comes to those believers who pursue him.

Discussion Questions:

1. During the course of this series, how has your perspective on anxiety and peace changed?
2. Compared to when we first began this series, is your current level of anxiety higher or lower? What has made the difference?
3. **Read Philippians 4:4-9.** Which verse/phrase is most significant to you? Why? Which verse/phrase is most challenging? Why? Which verse/phrase is most hopeful? Why?
4. **Read Philippians 4:7, Romans 5:1, and Colossians 1:19-22.** What is the difference between the peace *of* God (Philippians 4:7) and peace *with* God (Romans 5:1)?
5. What is the most important phrase in Philippians 4:7? Why?
6. What is the best part of your relationship with Jesus? What needs to change in your relationship with Jesus?
7. What was the most helpful thought or idea from the message or series of messages? How did it help you?
8. How can the group encourage you this week?