



Date: February 9, 2020

Philippians 4:4-7

Title: "Anxiety: Choosing the Outcome"

1. What is your reaction when you hear the word anxious?

2. Read Philippians 4:4-8 and Matthew 6:25-34. What are both readings saying about anxious?

If we follow each passage what is the outcome?

3. How does Jesus say to deal with anxious thoughts?

What does Paul say to do with anxious thoughts?

How are they similar? How are they different?

4. Are there other Scriptures the Holy Spirit brings to mind in this discussion on being anxious?

5. Is Jesus words in Hebrews 13:5 "I will never leave you or forsake you" comforting? Encouraging?

6. Do you struggle with viewing your relationship with God as being transactional meaning if I do this then God will do that?

7. Describe a relationship with God? [think beginning, growth stage, today]



8. Read 1 John 1:9. Is this a transaction or part of our relationship with God?
9. What is the difference between “what is” and “what if” thinking?
10. How does praying change our anxious thoughts?
11. Discuss as a group what does prayer look like?
12. How can we pray and encourage one another to trust God and fend off anxious thoughts?