

Do Not Be Anxious
Philippians 4:6-7 – Pastor Dan Brubacher

What do you like to do to get away and relax?

Dig In!

God calls me to overcome worry... (v. 6a)

- Why are we able get anxious about the following: Health, job, future security, aging parents, significant relationships, children's success, public presentations or money?
- How can you recognize the crippling effect of anxiety?
- Why does anxiety have some power over our productivity and health? How does Jesus help us overcome?

... by expressing my concerns in prayer (v. 6b)

"When I don't bother God with my concern, it continues to bother me." – Pastor Dan

- How do people foolishly try to comfort themselves (without prayer) when they experience anxiety? Why do these ways fail?
- Why don't we bring every unsettling matter before the Lord in prayer?
- What do you think God wants to supply for us a result of prayer?

... and experience the comfort of his peace (v. 7)

- In what circumstance would you like to experience Christ's peace? What would encourage you to keep asking for it? (John 14:27)

Break Out!

God can overwhelm us with a sense of his peace through a focus on his promises, his people, and his presence. Pray about situations causing anxiety in the lives of group members. 1) Claim his promises personally. 2) Give thanks for his people who share the burden. 3) Seek to become more aware of his presence.

Resource: Here is a list of 50 Promises - <http://www.biblestudytools.com/topical-verses/gods-promises-verses-in-the-bible/>

