

Thankful Hearts in Stress-Filled Days

Philippians 4:6-8

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DISCUSSION QUESTIONS

1. Worry is something everyone does to one extent or another. Share with the group your personal “worry scale” with one being “whistle in the graveyard” and ten being “I am paralyzed by worry”.
2. Is there a time of year or some specific repeated situations that increases your worry level? Describe those with the group. Is there a time of year or some specific repeated situations where worry is the furthest thing from your mind. Describe those to the group.
3. What are some common remedies to worry and how have they worked in the past?
4. This might not be a comfortable question so skip it if you want. Is there someone in your life whose worry is a real concern to for you because it negatively impacts your relationship? How have you tried to address the level of worry or limit the impact of their worry on your relationship? Has it worked? Why is it of such great concern?
5. Pastor Joel suggested a four step approach based on his text from Philippians. (Psst: no one will tell Pastor Joel what you say next) Is Scripture being simplistic? Was Joel being unrealistic or did he also make it clear that although change is difficult it is not impossible.
6. Spend some time praying for each other and the worries you might be carrying right now.