

WORSHIP

JoyFULL

Joy and Anxiety | Philippians 4:4-9

Pastor Peter Salmon | May 31, 2020

How can we rejoice always when our lives are full of worry and anxiety?

1. Turn your worries into prayers. (Phil 4:6-7)
2. Refocus your thoughts. (Phil 4:8)
3. Live what you know. (Phil 4:9)

God's Part: "The God of peace will be with you" (Phil 4:9)

NEXT WEEK: JoyFULL: Philippians 4:10-23

GET PLUGGED IN >>>



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SMALL GROUP GUIDE

1. WELCOME

If anyone has had a significant event in their life this past week, give them a minute to share with the group. If necessary, take some time to pray for any immediate needs right at the beginning of the meeting.

2. VISION/PURPOSE

As we transition to in-person small groups, talk about how you can stay unified as a group and considerate of those who have different convictions and needs.

3. SMALL GROUP GUIDELINES

Review guidelines (Use "I" Statements, No Fixing, Confidentiality, Listening) that cultivate a healthy environment for sharing and discussion.

4. OPENING PRAYER

5. READ SCRIPTURE PASSAGE/TELL BIBLE STORY PASSAGE

6. DISCUSSION QUESTIONS

Use a good mix of Head (informational/study) questions, Heart (personal reflection) questions, and Hand (practical application) questions. Below are questions your group can pick from to follow along with the sermon series.

7. PERSONAL SHARING AND PRAYER REQUESTS

You can share and pray in one group, in smaller groups, or in gender specific groups. Make sure that phone numbers are shared so that encouragement and connection can happen during the week.

QUESTIONS

WARM UP: Share about an especially anxious moment you've had in your life.

HEAD: These questions help us examine the Word.

1. Read Philippians 4:4-9. List the commands Paul gives in this passage.
2. What does it mean to pray with thanksgiving (v. 6)?
3. For many Philippians 4:6-7 is a familiar passage, but why are verses 8-9 so important when dealing with anxiety?
4. What is God's part in dealing with anxiety?

HEART: These questions help us wrestle with what we believe.

5. How do you know when you are just concerned, versus anxious/worried? What has been preoccupying your thoughts lately?
6. Do you really believe that prayer works?

7. Which of these 3 points do you think will be the most helpful for you in battling anxiety?

HAND: These questions help us bring truth and beliefs into our everyday life.

8. What is a concrete step that you can take this week to help change your thought life?
9. Be looking for God to show up this week, and share with one another when He does!