



## **Gratitude | Trading Your Anxiety For Peace**

*Philippians 4:6-7 NIV*

### **OPEN IN PRAYER**

### **ICEBREAKER QUESTION**

*What's one everyday situation that tends to steal your peace the fastest?*

### **SCRIPTURE READING**

**6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7 NIV**

### **DISCUSSION QUESTIONS:**

1. What are some of the biggest sources of anxiety or pressure in our world right now?
2. How do you personally tend to respond when anxiety hits: fight, flight, freeze, or appease?
3. What do you think Paul means when he says “do not be anxious about anything”? Is he forbidding anxiety or redirecting it?
4. Paul says, “*In every situation, by prayer and petition...*” What’s the difference between the two? How do you personally talk to God when you’re overwhelmed?
5. When you pray, do you tend to *vent* or *surrender*? What’s the difference between the two?
6. Why does this kind of gratitude feel so foreign — thanking God *before* the outcome?
7. What’s something you can thank God for right now, *in the middle* of something unresolved?

### **CLOSE IN PRAYER**

*As a group, take time to pray with one another.*