

The G-od Life

Part 4: The Antidote

Objective: Objective: To challenge us to develop a habit of prayer that will protect them from anxiety and worry.

Read together:

...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

When I am afraid, I put my trust in you. 4 In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Psalms 56:3-4

- Have you noticed the impact anxiety is having on people in our community today? What are some of the symptoms of the prevalence of anxiety in our society?
- In Philippians, Paul tells us not to be anxious about ANYTHING? How well do you do at avoiding anxiety? What are the things you (or those around you) tend to be the most anxious about?
- Do you really believe that prayer is the antidote to anxiety? How does (or should) knowing that prayer is the antidote to anxiety impact your prayer life?
- When you are facing difficult circumstances do you trust God and pray first or do you use prayer as a last resort?
- How would the "**Trust - Praise - Trust**" pattern for prayer reshape the way you pray in difficult circumstances?
- The pastor said that truly thankful people are rarely anxious people. Have you found that to be true? If so, do you make gratitude a regular part of your life?
- Share with the group 2 or 3 things you are truly thankful for.
- When we pray, we invite Jesus into the midst of our circumstances. When you pray do you really want the presence of Jesus or do you simply want your circumstances to change?
- When we pray, sometimes our circumstances change and sometimes they don't. But prayer always brings us closer to Jesus. Why is the presence of Jesus better than changed circumstances?

Final Thought: You are going to experience difficult circumstances that produce fear. But you don't have to be controlled by that fear. This week, practice praying with thanksgiving and watch what happens to your anxiety.

