

## Home Group Discussion Questions

Read Philippians 4:4-7 out loud as a group.

1. The sermon explained that the word “anxious” can be used in both healthy and unhealthy ways. What examples of each did you hear?
2. What is the difference between caring about something and worrying about it?
3. The sermon described “God’s replacement therapy”—replacing worry with prayer, supplication and thanksgiving. Why do you think this is the biblical response to an anxious heart?
4. What is the difference between being at peace with God (Romans 5:1) and experiencing the peace of God (Philippians 4:7)?
5. In verse 7, when Paul says that God’s peace will guard our hearts and minds, what do you think it looks like in everyday life?
6. Why do you think people sometimes continue worrying instead of casting their cares on God? Are there ways you’ve been trying to act like the “general manager of the universe” instead of trusting God?

Take time to close in prayer.