

### Sermon Notes

**Big Idea:** Do you ever feel like you might pop under pressure? Are you wearied by the weight of worry? Does doubt debilitate you? In some way, we are probably all familiar with those fears. Good news, the Bible gives us directions to dealing with the emotional troubles that entangle us. Trusting God's character and experiencing His Presence are the lifeline for each of us who finds ourselves... so anxious.

**Anxiety:** a feeling of worry, nervousness, fear, or unease, typically about an imminent event (both real or perceived) or something with an uncertain outcome.

*When what is undesirable feels unavoidable*

**Peace isn't the absence of problems, it's the Presence of God.**

**Philippians 4:4-8, 13 (NIV)**

**Antidote for Anxiety:**

**Gratitude changes our PERSPECTIVE**  
**Gratitude creates a mindset of ABUNDANCE**  
**Gratitude builds GRIT**  
**Gratitude creates COMMUNITY**

### Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Read Philippians 4:4-8. Do you have a tendency to focus on past/present blessing or future fear? What are some unhealthy habits or barriers that could prevent you from focusing on the blessings in your life?
- 3) The Apostle Paul was able to remain grateful in the midst of a difficult situation because of Jesus' Presence in his life. Share how Jesus' Presence and power in your life has help you remain grateful in seasons of grief or pain.
- 4) Read Colossians 3:15, Romans 15:13, and Colossians 3:1-2. Talk about how setting your heart and mind on Christ helps you overcome anxiety. What disciplines do you practice to maintain this perspective?
- 5) Pastor Donnie asked us to make a list of what we're thankful for. What were some of the things or people you wrote down? What can you do to prioritize gratefulness in your life?