

JOY OVER ANXIETY

Philippians 4:4-9

Joy in the midst of difficult circumstances is **NOT** natural (it's supernatural). (4-5)

When you pray about everything you'll be anxious for nothing. (6-7)

Two commands:

Stop worrying

Start Praying

Two promises:

Supernatural peace

Sustaining peace

Think more about what matters and less about what is the matter. (8)

Living a life for God invites the peace of God. (9)

GROUP / FAMILY DISCUSSION

- Do you think there is a difference between worry and anxiety? Explain
- Describe a time when you were extremely anxious? What were the circumstances that caused the anxiety? How did you attempt to deal with it?
- Read **Matthew 6:25-34**. What is the context of this passage?
- Matt. 6:31 states “therefore do not be anxious.” What truth in the preceding verses lead to the statement to not be anxious?
- In what ways can we practically “seek first the kingdom of God and his righteousness?”
- What will you do this week to increase the peace of God in your life?
- How can we pray for you?
- **Pray together.**

WEEKLY MEMORY VERSE

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

JOY OVER ANXIETY

Philippians 4:4-9

Joy in the midst of difficult circumstances is **NOT** natural (it's supernatural). (4-5)

When you pray about everything you'll be anxious for nothing. (6-7)

Two commands:

Stop worrying

Start Praying

Two promises:

Supernatural peace

Sustaining peace

Think more about what matters and less about what is the matter. (8)

Living a life for God invites the peace of God. (9)

GROUP / FAMILY DISCUSSION

- Do you think there is a difference between worry and anxiety? Explain
- Describe a time when you were extremely anxious? What were the circumstances that caused the anxiety? How did you attempt to deal with it?
- What
- Read **Matthew 6:25-34**. What is the context of this passage?
- Matt. 6:31 states “therefore do not be anxious.” What truth in the preceding verses lead to the statement to not be anxious?
- In what ways can we practically “seek first the kingdom of God and his righteousness?”
- What will you do this week to increase the peace of God in your life?
- How can we pray for you?
- **Pray together.**

WEEKLY MEMORY VERSE

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.