

VOYAGE CHURCH

LIVE THE LOVE

Sermon Discussion Questions

Anxious for Nothing

Part 1: Philippians 4:6-9

1. What does Proverbs 12:25 say about anxiety? Do you consider yourself an anxious person? Why or why not?
2. Could you summarize in your own words how anxiety effects the mind and the heart?
3. What are the three ingredients to using the weapon of prayer against anxiety?
4. What is God's promise in response to prayer? And what doesn't He promise?

Application:

5. In your mind, what does it mean to be peaceful or to find God's peace?
6. What is a Scripture verse or quote that you can memorize or recall when anxiety wants to take over?
7. **Take an Extra Step:** How can we encourage one another to take a step with God in fighting against anxiety? Report back the following Growth Group meeting.

Pray: How can we pray for each other?