

1. What brands have you noticed that use this style of 'scare tactic/anxiety inducing' marketing? [Share a brief story of when you may have responded to this 'anxiety' marketing and what happened as a result?]

2. In contrast to the anxiety produced by things of this world, what are some things about God (either His character or His presence in your life) that you can rejoice in?

3. Does the phrase, 'What you focus on the longest become the strongest' resonate with you? Why or why not?

4. Have you experienced a time where prayer worked like water extinguishing the fires of your worry and anxiety? [Please elaborate.]

5. Beyond the list of adjectives mentioned in Phil. 4:8, what are some other 'excellent & praiseworthy' things you can think of that would be worthy of focusing on?



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