

# VOYAGE CHURCH

LIVE THE LOVE

Sermon Discussion Questions  
Anxious for Nothing  
Part 2: Philippians 4:6-9

1. Read Romans 12:2. What are the patterns of this world?
2. What is a “neural pathway”? And how does it effect anxiety? How do you get out of the “rut”?
3. Read 2 Cor. 10:3-5. What is our role in fighting against anxious thoughts?
4. In Phil. 4:8, why do you think Paul tells the Christians to dwell on these positive things?
5. What does Paul mean in verse 9?

## **Application:**

6. What Scripture verse or quote can you memorize to be on the pathway of truth?
7. What makes you feel overwhelmed and anxious right now? How can you follow the steps of getting out of the rut, getting onto the pathway of truth, and rerouting your life to follow Jesus leading?
8. **Take an Extra Step:** Share a Story of a time you experienced victory over anxiety.

**Pray:** How can we pray for each other?