



### **Philippians 4:4-6**

'Rejoice in the Lord always. I will say it again: Rejoice! Let your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.'

CSB

Anxiety is the body's response to worry and fear. Psychologist, define anxiety as your mind and body's reaction to stressful, dangerous or unfamiliar situations.

### **CONVERSATION STARTERS**

1. *Have you felt or experienced anxiety in the last 6 months?*
2. *How do you respond when you are someone you know fights with anxiety? Is there anything that helps?*
3. *How do you distinguish anxiety from worry?*

What is the difference between worry and anxiety?

<https://intermountainhealthcare.org/blogs/topics/live-well/2020/11/whats-the-difference-between-worry-and-anxiety/>

Why is it important to be aware of an address anxiety?

It's important physically, because anxiety affects the brain.

It's important spiritually. Jesus taught his disciples to address it and Paul passed on that message to new disciples.

### **DISCUSSION**

1. List the commands or instructions given in Philippians 4:4-5.
2. Pastor Hubbard mentioned that "don't worry about anything" was a verb that communicated the need for habitual practice. How do we habitually practice this command?
3. Since anything includes everything and excludes nothing then what are the things you need to stop being anxious about?

### **REFLECTION**

1. What were the two main points shared about "anxious concern"?
2. Has anxiety challenged your faith or confidence in God? How?
3. Three Actionable steps: 1) Admit that you are anxious; 2) Identify when, what or why you are anxious (write it down); 3) Share your list with God.

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