



COMMUNITY Groups

April 30, 2023 – Sermon Discussion Questions

Opening

- Does worrying bring you joy?

Discussion

- Read [Philippians 4:4-7](#).
- Do you find it hard to obey the command to rejoice? Why or why not?
- When anxiety builds in you, what is your go to response?
- How are we to communicate our need ([v.6](#))?
- Read [Philippians 4:8-9](#).
- With all the distractions the world offers today, what do you choose to focus on? How do the things you focus on contribute to your anxiety?

Closing

- What concerns are heavy on your heart? Take a few moments to lift them up to Jesus in prayer.