



**Welcome:** What is your favorite local coffee shop?

**Worship:** Read Psalm 84.

**Word:** Read Philippians 4:4-9.

1. What is one thing about the sermon/Scriptures that really stuck out to you, and why?
2. What stresses you out? What leads you to feelings of anxiety or worry?
3. What have you noticed are some of the ramifications of feeling anxious?
4. In what ways has God answered your prayers in seasons of worry?
5. What does Paul mean by "peace that transcends all understanding"? Have you experienced that kind of peace?
6. How do outside sources (ex. TV, social media, conversations, magazines, etc.) shape our feelings/attitude? How do they play a role in our anxious feelings?
7. When your faith is put into practice, how does it lead you to places of joy? Can you give an example?

**Witness:** On a scale of 1-10, how would you rate your heart for those that are disconnected from God? What is one thing you can do this week to increase that number?