



Morning, Noon, and Night

Week three - "A Healthy Soul"

Proverbs 4:23 and Philippians 4:5-9

Bottom line: You can lose your mind and sacrifice your soul, or you can be with Jesus.

1. How would you describe the anxiety in our contemporary culture?
2. How would you describe the anxiety you feel personally?
3. What things or people fuel your anxiety the most?
4. How would you describe your current capacity to handle challenges or crises that come up in your life?
5. What are some things you think could increase your capacity to "handle life"?
6. Paul wrote his letter to the Philippians from prison, and the people in Philippi had very real reasons to believe they could be thrown in prison very easily and very soon as well because of their faith in Jesus. Read Paul's encouragement to them in Philippians 4:4-9.
 - a. How does Paul tell them to deal with their anxiety?
 - b. What feels difficult or awkward about his instructions?
 - c. What does Paul identify in verse 7 as the key component to guard our hearts and minds from giving in to the fears and anxieties of our circumstances?
 - d. How do we fill ourselves with the peace of God?
7. A non-anxious presence does not come from perfect circumstances, but from the presence of God. What do you need to do to build a deeper root system?
8. How can this group encourage you and pray for you as you pursue the presence of God this week?