



Title: OVERCOMING AN ANXIOUS MIND

Main Scripture: Philippians 4:6-7

FEELING ANXIOUS IS NOT A SIN

FEELING ANXIOUS IS UNPRODUCTIVE

(Mat 6:25-34)

FEELING ANXIOUS IS A SIGNAL IT'S TIME TO PRAY

(1 Pet 5:7)

Overcoming An Anxious Mind – Philippians 4:6-7

May 4 & 5, 2024

Small Group Sermon Study



Prayer: Father, we thank You for all You have done for us. We pray in Jesus’ name that You would work in our hearts and minds today. Holy Spirit, we invite You to this place today as we read and discuss. We pray You would protect our hearts and our minds as we enter into this conversation today.

Read the key passages of Scripture (Philippians 4:6-7), review the sermon notes, and then answer the following questions:

1. The sermon mentions anxiety as a prevalent issue in modern culture. Why do you think anxiety has become so common in our society?
2. Pastor Rob shared his personal experience with anxiety. How important do you think it is for leaders, whether in a religious or secular context, to share their vulnerabilities with those they lead?
3. The sermon highlights the command, “do not be anxious” but acknowledges that feeling anxious is not a sin. How do you reconcile this idea in your own faith journey?
4. The importance of prayer was emphasized throughout the sermon. Do you have any experiences where prayer has helped alleviate your anxieties or worries? What are some practical ways that you have found helpful in your own life to manage anxiety?
5. How do you think gratitude and thanksgiving play a role in overcoming anxiety?
6. Pastor Rob discusses the difference between peace with God and the peace of God. How would you differentiate between those two concepts?
7. The sermon concludes with a call to cast our cares on Jesus. How do you personally practice surrendering your worries or anxieties to God?

Silently re-read the key Scriptures from the message, asking the Holy Spirit to speak to you.

1. What emotions does this passage or key theme bring up in your heart? How will you manage those emotions as you carry on through your week?
2. What do you need to surrender to Jesus? How will you respond to what Jesus is showing you?
3. What word, phrase, verse, or challenge do you need to take with you this week? How will you act on what you’ve heard?

Prayer: Heavenly Father, we come to You with our anxieties, seeking Your comfort and strength. Teach us to cast our worries upon You in prayer, trusting in Your promise of peace. May we extend grace and compassion to those who are struggling, knowing that we are all held in your loving care. Amen.