



Week 3: With Thanksgiving

1. What is your favorite thanksgiving dish?
2. Read Philippians 4:4-7. What is something that has been helpful for you so far in this series on anxiety?
3. Would you say your anxieties primarily come from within (your thoughts and feelings) or from without (your circumstances)? Or both? Explain.
4. How often would you say you take these anxieties to the Lord in prayer?
5. Why do you think it's so hard to be content and grateful?
6. What are some things you are thankful for that will never change?
7. Read Philippians 4:11-13. What is Paul's secret to contentment in all circumstances? How does this help us with anxiety?
8. What are some concrete ways you can *practice* giving thanks this week?