

SERMON APPLICATION GUIDE

SUNDAY 10/30/22

Philippians 4:6-7

Praying with Thanksgiving

SERMON OUTLINE

- When life gets scary... (v. 6)
- Pray with thanksgiving... (v. 6)
- Because it leads me toward peace. (v.7)

Big Idea: Praying with thanksgiving leads me to peace when life gets scary.

1. REVIEW

1. What can anxiety look like in our lives? How does fear grip our lives and take away peace? (v. 6)

2. Why is praying with thanksgiving so important? What does it look like? (v. 6)

3. How does praying with thanksgiving lead to peace? What does this peace look like? (v. 7)

2. ASSESS

1. Where in your life do you regularly struggle with anxiety and/or fear? What do these stressors look like? Explain.

3. APPLY

1. How can you specifically prepare yourself to handle anxiety and fear when it shows up? What steps can you take in your life to lead you toward God's peace?

4. 4Ws: WORSHIP

1. How can prayers of thanksgiving help to improve your daily worship and adoration of the Lord?
