

Life Group STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER

SUNDAY MESSAGE REVIEW

NOTE to the Life Group Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

SOUL CARE
"Worry"

"Worry weighs a person down." Proverbs 12:25 (NLT)

4 Keys to living with more peace and less worry:

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. ...And the God of peace will be with you." Philip. 4:4-9 (NIV)

1. Don't be anxious about anything

"Do not be anxious about anything..." vs. 6a

Anxiety is an option, but keeping yourself in the Prison of Anxiety is not.

2. Pray About Everything.

"... but in everything, by prayer and petition with thanksgiving, present your requests to God." Vs. 6b

The root cause of worry is control.

We live under the illusion that if we always do everything just right,
then things will always work out just right.

3. Thank God In All Things

"... in everything (pray) ... with thanksgiving..." vs. 6b

"Give thanks in all circumstances for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18 (NIV)

4. Think about The Right Things.

An Equation: Harvard researcher Ed Hallowell writes that...

Heightened Vulnerability + Lack of Control = Toxic Worry.

“Finally, brothers, whatever is true ... noble... right... pure... lovely... admirable.... If anything is excellent or praiseworthy -- think about such things.” v. 8

Tips for Controlling Worry:

“Never worry alone. When you are alone, toxic worry intensifies.” -Dr. Ed Hallowell

The Result:

“...the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” vs. 5