

:: summary

We are living in unprecedented times where life is affected on many levels including health, jobs, financial security, relationships, and our future. In the midst of not knowing what will happen, the challenges of our time can leave us with anxiety, fear, apprehension and much more. In his grace, God has given us a multi-part antidote involving our inner disposition, outward actions, and steadfastness of mind.

:: explore and discuss

There was not a single day last week that did not have new revelations and impacts on our lives and on the lives of those we love. What has “sheltering in place” been like for you?

Read Philippians 4:4-8 and Isaiah 26:3

In light of Paul’s emphatic command to “rejoice always,” how do the directions in the remaining verses provide the foundation for rejoicing?

What is one key element in Paul’s antidote for anxiety that is key for you? Why?

“Petitionary prayer is, in essence, rebellion—rebellion against the world in its fallenness, the absolute and undying refusal to accept as normal what is pervasively abnormal. It is ... the refusal of every agenda, every scheme, every interpretation that is at odds with the norm as originally established by God.” David F. Wells, Prayer: Rebelling against the Status Quo

How does David Well’s observation change the way you think about prayer?

In Philippians 4:8 and Isaiah 26:3 we see that the focus of our minds is critically important. How so?

In the message Pastor Mike read the following quote from an unknown author:

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Do you agree or disagree? Why? How does this shape your thinking in our present circumstances?

Read Lamentations 3:17-26

The prophet Jeremiah lived in Judah in the time after the fall of Jerusalem and the temple to the Babylonian king Nebuchadnezzar in 586 BC. This section of his poem of lament gives us a pathway of how to deal with great sorrow and upset.

How would you describe Jeremiah in light of vv. 17-20?

Describe his change in thought that takes place in vv. 21-23.

What new resolve results from the renewing of his mind in vv. 24-27?

:: make it personal

Fill in this blank: “My soul is _____.”

How are you doing in maintaining gratitude these days?

What is one personal take-away for you for this week that flows from Philippians 4:4-8?

:: pray

Some rebellious prayers.



Summary or encouragement



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