



## Message Notes

Week 2:  
Don't Worry, Be Hopeful

Philippians 4:6-7

Big Idea for this week:  
Worry stretches us so we don't experience hope

1. Prayer is worry's natural enemy

2. Thanksgiving is worry's natural remedy

These questions are designed to extend the impact of the Sunday gathering. Use them to go deeper in your personal study time, with your family, and/or with your Life Group.

1. What are some things you worry about? Are they in line with what everyone else seems to worry about? Does it seem to help when others worry? Does it seem to help you when you worry?

2. What do you think about Paul's words in our text this week? If you could have been there with Paul, would you have tried to share why your experiences make you worry? Do you think they would make any difference to what he would say?

3. What do you do when you find yourself worrying? How is your prayer life? Do you pray when you find yourself worrying, or do you find yourself worrying as you pray? Are you actively telling God what you are thankful for? How do you think we find hope?

**Share the Truth.** Praying and thanksgiving are the answer to our worry. Even with all the things going on in the world, we must find ourselves going back to these two disciplines. Who is God laying on your heart to walk alongside and encourage them to stop worrying and focus on prayer and thanksgiving?

**Ask yourself.** Am I worrying? Am I being stretched out because of my worry? Was this message from God meant for me?

**Prayer:** Father, You promised You would hold us close to Yourself and love us in all our circumstances. Forgive me for the times I worry about things I can't change instead of trusting You. When I worry, help me to call on You and thank You for all Your blessings in my life. Help me to trust You. In Jesus' Name, amen.