

# Group Discussion

## INTRODUCTION

Anxiety is at epidemic levels in our culture. What if Jesus knew a better way for us to live in peace in the midst of this confusion?

## GETTING STARTED

1. What is your greatest anxiety right now? How and why does it take up so much of your time and energy?

## FROM THE SERMON

2. Looking back at your notes from this week's teaching, was there anything you heard for the first time that caught your attention, challenged, or confused you?
3. Read Matthew 6:31-34. What worries did Jesus identify for the crowd? How do these worries compare with the worries of today? What solution did Jesus offer (vs. 33)? Does His solution still apply today, why or why not?
4. Read Philippians 4:4-9. What is Paul's recipe for overcoming anxiety? List and discuss his steps. Which one is most appealing to you and why?
5. Read John 14:27 & Philippians 4:8-9. Use this exercise and take a few moments to apply the peace Jesus offers us. Use Philippians 4:8 as your outline. Have each person give an answer for a different attribute. Give praise to God for whatever is true... noble... right... pure... lovely... admirable... excellent... and praiseworthy. Talk about how this simple act might help someone find peace amid anxiety.
6. What are you hearing from the Holy Spirit right now?

## NEXT STEPS

7. What will you now do with this new truth or spiritual insight as revealed by the Holy Spirit?
8. Take a few minutes to write down some of your anxieties. Combine your list with others and bring this before the Lord in prayer.