



Small Group
APPLICATION QUESTIONS

“Do not merely listen to the word, and so deceive yourselves. Do what it says.” James 1:22 NIV

SUMMARY

Brian McKenney kicked off our new 4-part series, *And Be Thankful*, with a message entitled “The Secret Weapon in the Fight Against Anxiety”. In this message, we took a fresh look at a familiar passage - Philippians 4:6-8 - and were challenged in the area of gratitude and thankfulness.

1. What is anxiety? If you're someone who experiences anxiety, how has it played out in your life?
2. Please have someone read Philippians 4:6. In the battle against anxiety, we often neglect the aspect of thankfulness and gratitude. On a scale of 1-10, how would you personally rate your level of gratitude in general?

APPLICATION

3. Brian taught us that gratitude allows us to cast our cares, it lifts our eyes, and it focuses us on grace. Based on what we learned about gratitude, how might you grow in gratitude?
4. We were challenged us this week with four things to help us grow in gratitude: write it down, spread it around, soak it in, and sing it out. What will it look like for you to accept his gratitude challenge?

PRAYER

Spend some time as a group giving God thanks and praise!

