

Look Back

- In what ways did Phil 3 have an impact on your week?

Connect:

- Which makes you more anxious? Snakes, Speaking in front of 500 people, or going skydiving? Why do you think that is?

Look Up:**Read : Philippians 4:4-7**

- In the midst of adversity, Why is it important to rejoice? How easy is this for you to do?
- How do you personally respond to anxiety (stress/fear/worry)? Would those around you describe you as reasonable in those seasons?
- What about Paul's life makes him an expert on anxiety? In light of that, what specifically does he lead us to do in those seasons? When is a time in your life where following that made a difference?

Read : Philippians 4:8-9

- Why does what we think about matter? Which one of the “whatevers” do you gravitate more towards and Why?
- What's the difference between this scripture and just the power of positive thinking?
- How does gratitude influence our lives when facing adversity?
- What are three things in your life you have to praise Him for?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

- List your top three anxieties this week. Devote daily prayer and thanksgiving towards them. We will discuss how it went next week

Leader Notes

Life is really hard... Oftentimes we make it even harder by getting anxious about what's possible. Anxiety (stress, worry, fear) is a massive issue and chances are there are some in your group really wrestling with it. As a loving Father, God wants to take them and all He's asking us to do is surrender. Hand over our fears, Hand over our stress, Hand over our worries and let Him bear the burden. Challenge your group to memorize Phil 4:6.

All that Paul went through made Him an expert in this. He has faced so much and has so much to worry about, yet he continually modeled how to give it over to God. It doesn't just happen overnight either. It takes practice (v9) . Over and over

Leadership tip