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# Reliance & Prayer: Walking in Rhythm with God

Sermon Discussion Questions - July 3, 2022

## Text

Philippians 4:6–7

## Discussion Questions

1. Read Philippians 4:6–7. Make a list of the commands, or directions, Paul gives. What stands out to you about his instructions?
2. When are you most likely to feel anxious or afraid? Why do you think that is?
3. How do you usually try to cope with anxiety or fear? How does God meet us in our anxiety and fear, according to Philippians 4:6–7?
4. What does prayer express? What truths does prayer remind us of that we might forget or overlook, perhaps especially when we're anxious or afraid?
5. Anxiety is normal. What matters is how we respond to it. What would you like to be different about your response to anxiety or fear? How could your community help with that?
6. Set aside five minutes every day this week for prayer. Share what happened with your friends or community whenever you next gather. How could you keep developing the habit of prayer going forward?

## Prayer

Lord God, each day brings new worries and fears. But we don't want to be fearful people; You tell us to not be afraid—because You are with us. Lord, when we're anxious or afraid, remind us to bring our requests to You. You direct our steps and calm our thoughts. Thank You for Your comforting presence and steadfast love. Amen.

