



Peace: Overcoming Anxiety

What are you worried about?

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Theme Text: Philippians 4:6-7

6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Key Points:

Paul gives us specific instructions for how to deal with our worries:

1. _____

When you pray, you come face to face with the God of the universe. This speaks to the attitude of the heart. *Prayer begins with your desire, not with your words.* Prayer is to the spiritual life what breathing is to the body.

2. _____

Here is an important antidote to worry: Pray with thanksgiving. Why is this so important? *Worry and gratitude cannot coexist.* Worry will drive out your gratitude, or gratitude will drive out your worry.

3. _____

This broad word covers the waterfront of life. It includes both our daily prayers and our urgent cries for help. We make our requests known when we pray in church and when we pray during our Quiet Time. But the term "requests" also covers those "arrow prayers" that we shoot up during the day when all we can do is quickly say, "Help, Lord!"

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION:

Personal Life:

1. Do you tend to worry? What about?
2. Do you think worry is a problem in our society?
3. Do you believe God's peace can really be obtained?

Ponderings:

4. Do most of God's people experience God's great and glorious peace? Why or why not?
5. How do you personally respond to this challenge, "Be anxious for nothing"?

Do you think that includes very difficult times? (Philippians 4:6)

6. Isn't worry natural?
7. Do you think there is any place for worries? Why or why not? What does the theme text say about this?
8. How does thanksgiving fit into making our supplications?

Promptings:

9. What is worry? Try writing a definition.
10. Does this definition work? Worry is the preoccupation of life without taking God's constant love and power into consideration.