

## DISCUSSION GUIDE

Anxious for Nothing

March 4th & 7th, 2021



“ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”  
Philippians 4:6 | NIV

- There are always situations in life that cause us to be anxious.
  - What is the difference between being anxious and having anxiety?
  - Does anxiety come from circumstances or how someone handles those circumstances?
  - How have you shown compassion to someone that has anxiety?
- Why do people around you have anxiety?
  - (Please be careful this doesn't turning into a political or generational tangent. Keep focused on people we know and the compassion we need to show.)
- What causes you to be anxious?
  - If you rated that 1-10 on how much anxiousness it causes you, Would your best friend or spouse rate it differently for you?
- Read Philippians 4:4-8
  - What are some examples of “belief precedes behavior” that we can live out from that scripture?
- “Peace is found between the pillars of Trusting in God’s goodness and God’s control”
  - Explain (describe) that in your own words.
  - What are times you have trusted God’s goodness/ God’s control?
- Is it true that what we are most anxious about often reveals where we trust God the least?
  - Where is that most evident in your life?
- Read and meditate on some or all of these scriptures
  - Romans 8:28; Psalm 34:1; Hebrews 13:15; James 1:2
- What do you need to surrender to God?
- Pray together.