

## DISCUSSION GUIDE

Anxious for Nothing, Part Two  
March 18th & 21st, 2021



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 | NIV

- When have you been comforted by having someone near?
  - What situation do you need to feel God being near right now in your life?
- Why do you not pray as much as you like?
- In struggling with prayer, if stubbornness was on one side of a scale and inexperience was on the other side, where would you put yourself?
- What are the benefits of praying specific prayers?
- Discuss how the following reasons are good.

- Specific prayers get to the root.
- Specific prayers set a serious tone.
- Specific prayers grows our faith.
- What is good about these characteristics of God's peace?
  - God is the source
  - God doesn't always make sense
  - God will guard you in Jesus' name
- How does God's peace fight against anxiousness?
- What is the connection between not being anxious and prayer?
- Is there a connection with how Godly you are and your prayers?
- Is there a connection between how Godly others perceive you and your prayers?
- What are some helpful bible verses about prayer.
- Pray together.