

STUDY GUIDE

WHEN YOU FACE: Anxiety

WEEK OF August 11, 2019 Philippians 4:4-7

CONNECT

1.	Explain what	impacted	you the	most from	Pastor	Troy's me	essage.
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2. What, in your own words, is the difference between joy and happiness, and why is it important to recognize the difference?

GROW

3. Read Philippians 1:12-17 What do these verses tell you about Paul's circumstances when he wrote the Book of Philippians, and why is it important to understand those circumstances? What are some of the things that must be true about Paul's source of joy?

4.	Read Philippians 4:4-7. Why do you think our minds need to be guarded in Christ Jesus? What can result from an unguarded mind?
5.	How does the peace of God surpass every thought? Why is it important for us not to worry, even when things are out of our control?
6.	Why is it important to see that "rejoicing" is a command? What's the difference between seeing rejoicing as a command and seeing it as an emotion, and why is that difference significant?
7.	Is there any circumstance in your life right now in which it is difficult to rejoice? What do we demonstrate about Jesus when we rejoice in Him even when our circumstances are going badly?
8.	What role does prayer play in our ability to rejoice in the Lord? Why is it essential that we both give thanks and let our requests be made known to God?

 Why is the kind of peace described in Philippians 4 beyond our understanding? If possible, give an example this kind of peace in your own life.
GO
10. What are you anxious about right now? What is the true need behind that worry?
11. What are some practical ways you can pursue a more honest and transparent relationship with God?
12.How might God be growing your trust right now? How can you embrace what He's trying to do in your life?
grace