



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 message.

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?

9. 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?

