

## ***Fighting Anxiety***

Philippians 4:4-9

### **Sermon Discussion Questions**

**July 25, 2021**

1. Pastor Tom encourages us from the book of Philippians that anxiety is something we can bring to God. No matter how severe, chances are you, or someone in your group battles with some level of anxiety. Confess some of your worries and anxieties in your group and pray together, trusting that God will prove provide a peace that transcends understanding.

Going forward, in what ways can you encourage your brothers and sister in Christ as they struggle with their anxiety?

2. Are you known as a gentle or yielded person? What would others say about you?

When you ask God to give you a gentle Spirit, Past Tom reminds us the God is near. When we think about God being near, what does it mean that the Lord is watching you and that you have a great savior who is close to you?

3. Do you believe that anxiety or worry could mean that you are sinning? How do you wrestle with prayer and worry?

When we take Psalms 13 and 88 into account, how can we bring our worries to God in prayer, so as to not bask in anxiety?

4. God has filled creation with things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Creation reflects God and lets us know who he is. What things has God provided in your life that best fit these categories? Share with your group how you enjoy the goodness of God's creation.