

WHAT DO I DO WITH MY ANXIETY?

Philippians 4:5b-7

PAT NEMMERS

February 17, 2019

The questions below are designed to be used by Saylorville Church Cell Groups as they meet during the week following the Sunday morning message at Saylorville. The intent is not for groups to answer every question, but for leaders to use the questions as a guide as they tailor the discussion to the unique needs of their group. The Sunday message and these questions can be found each week at www.saylorvillechurch.com/sermons.

CONNECT WITH YOUR GROUP (10-15 MINUTES)

- Tell your group about a time when you were really nervous about something. What did you do?
- How is nervousness the same or different than anxiety?

APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** the notes you took on Sunday. What is **one thing** that sticks out to you about what you heard?
- **Read** Philippians 4:5b-7. In his message, Pastor Pat reminded us of **five aspects of prayer that bring peace**.

1. Prayer that brings peace *draws near to God* (Phil 4:5b)

- a. How does prayer help us remember that “The Lord is at hand”?
- b. What might change in your life if you drew near to God more often?

2. Prayer that brings peace *talks much to God* (Phil 4:6)

- a. In 1 Thessalonians 5:17, Paul encourages us to “pray without ceasing.” How is that possible?
- b. What would you need to give up this week in order to spend more time talking to God? Will you?

3. Prayer that brings peace *cries out to God* (Phil 4:6)

- a. Crying out to God is acknowledging our total dependance on Him, like a child reaching up for her father. What are you crying out to God for right now?
- b. If you’re not crying out to Him for anything, what might that tell you about yourself?

4. Prayer that brings peace *gives thanks to God* (Phil 4:6)

- a. How can an attitude of gratitude help alleviate anxiety in the life of a Christian?

5. Prayer that brings peace *enjoys the peace of God* (Phil 4:7)

- a. Describe a person who is enjoying the peace of God. What does his/her life look like?
- b. What would need to change in your life in order for you to be described as a peaceful person?

PRAY TOGETHER (5-15 MINUTES)

- Spend quality time praying through each of the five aspects of prayer that bring peace:
 - “Lord, cause me to draw near to you as you draw near to me.”
 - “Lord, help me talk to you first and most throughout this week.”
 - “Lord, right now I’m begging you for...”
 - “Lord, I’m so thankful that you are...”
 - “Lord, make me the kind of person that displays your peace to those around me.”

MEMORIZE FOR NEXT TIME

- *Philippians 4:5b-7 - “The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

