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PRAYER

Thank you God for THE CHURCH. Your design for us. To not walk alone, but to walk in relationship and know that we are loved and can love others through the love you pour out on us, In Jesus your sons name, AMEN!

WARM UP

(OPTIONAL)

Is there an animal or creature that makes you anxious? What would it be, and why?

NOTES

WORD

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

¹⁰ I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. ¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³ I can do all things through him who strengthens me.

[Philippians 4:4-13 \(ESV\)](#)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1 to 10 (1 being never and 10 being always) how do you rate your ability to be calm in an anxious world? Why do you rate your ability this way?
2. “Rejoice in the Lord always and again i say rejoice” What does this mean, and what does rejoicing always look like in your life?
3. “Do not be anxious for anything” is the commandment. Paul the author gives us tips as to how we do this in prayer, and thanksgiving, and giving God your requests. How might you personally do this?

4. “Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.” Have you found this contentment that Paul is talking about? How do we attain this?
5. Would you like to receive prayer for anything particularly that causes anxiety to rise in your heart today? Get your lifegroup leader to pray for you to receive God’s peace that surpasses all understanding.

PRAYER LIST