



## May 12<sup>th</sup> Sermon Questions

**Rejoice in the Lord:** How to bring your anxiety to God  
Philippians 4:2-7, 10-12

**Icebreaker Questions:** Where do you most often feel or experience anxiety in your body?

**Discussion Questions:** Read the scripture verses above.

1. What do circumstances have to do with joy, worry, and prayer?
2. Looking through verses 1-7 of this passage, which phrases can be classified as command/exhortation? Which phrases can be classified as promise/basis?
3. Verse 6 issues one negative command (what not to do) and one positive command (what to do). What are they, and how do they relate to each other?
4. In his sermon Giorgio said that denying our anxiety is bad for our souls and our bodies. How so?
5. How do you tend to cope with your anxiety? Do you deny it, ignore it, medicate it, or acknowledge it?
6. What are you anxious about? What is dysregulating you right now?
7. How might reflecting on the fact that our "names are in the book of life" (v.3) and considering our eternal security in Christ free us to acknowledge and unburden our anxieties?

8. How might the promise that "The Lord is at hand" (v.5) and the reality of God's presence with us free us to acknowledge and unburden our anxieties?

9. The Apostle Paul's solution to unburdening yourself of anxiety in verse 6 is essentially (1) say your prayers and (2) count your blessings. What do you think about his solution? Does it seem like profound or trite advice to you?

10. How do anxieties choke out our rejoicing?

11. How might you convert your worrying into praying?

12. What does praying with thanksgiving sound like?

13. How might you practice joy in your life despite your circumstances?

14. How have you personally experienced "the peace of God" (v.7) in the midst of a difficult or anxious situation?

15. What's your take away from our discussion tonight? What do you need to do this week to follow Jesus, be transformed by Jesus, and/or participate in the mission of Jesus?