



Anxiety or Peace

Series: 30 Days of Joy (#2)

Main Text: Philippians 4:6–9

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there’s no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

1. Do you naturally lean more toward worry or peace—and what usually tips the scale for you?
 2. What’s a small thing that oddly stresses you out?
-

“

Leader’s Note

Anxiety is incredibly common, but Paul offers something radically different—peace that surpasses understanding. This isn’t theory; it’s truth written from a prison cell. The pathway from anxiety to peace is not about controlling circumstances but surrendering them to God.

Main Points

1. Release Your Burdens

Key Scripture:

Philippians 4:6 – “Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.”

Discuss

- Why do we think it is easier to hold onto worry rather than to release it to God? What does this reveal about how you view God or yourself?
- Have you ever found yourself worrying about all your problems without praying about them? What’s one practical way you could begin to replace “worrying about everything” with “praying about everything”?
- What is a situation where you can replace anger, negative thoughts, or worry with gratitude and thanksgiving?

Leader’s Note

Worry and prayer are opposites—you will do one or the other. God never intended for us to carry the weight of life on our own. Releasing burdens means intentionally handing them over to Him through specific, consistent prayer.

2. Rest in God’s Peace

Key Scripture:

Philippians 4:7 – “And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”

Discuss

- What does peace that passes understanding look like? Briefly share an experience.
- What makes it difficult to truly “rest” after you’ve prayed about something?

Leader’s Note

God’s peace isn’t based on circumstances—it’s based on His presence. When we release control and trust Him, His peace begins to guard our hearts and minds like a sentry standing watch.

3. Refocus Your Thinking

Key Scripture:

Philippians 4:8 – “Whatever is true, whatever is honorable, whatever is just, whatever is pure... think about these things.”

Discuss

- What kinds of thoughts/emotions most often dominate your mind during stressful seasons?
- Why is it dangerous to be passive in your thinking? What does this often result in?
- What is one practical way you can begin filtering your thoughts through the truth of God’s Word?

Leader’s Note

Your thoughts shape your life. Left unchecked, your mind will drift toward worry, fear, and lies. But when you intentionally focus on truth and what is praiseworthy, your thinking—and ultimately your life—begins to change.

Closing Reflection

You will either carry your burdens or release them. You will either dwell on worry or focus on truth. Which choice are you making right now? What is one burden you need to lay down before God today?

Closing Prayer

Ask God to help you release every burden you’re carrying. Pray for a heart that trusts Him fully and a mind that focuses on what is true and praiseworthy. Thank Him for His peace that goes beyond understanding, and ask Him to guard your heart and mind in Christ this week.