

DISCUSSION GUIDE - What's On Your Mind? Week 3

Warm Up:

What do you look back on as the happiest days of your life? Were they really that good and free of hardship?

Discussion:

- 1) Read Philippians 4:6. What outside force is most likely to upset your circumstances?
- 2) Read Philippians 4:4-5. What we believe about God determines how we deal with anxiety. Think about a recent time you struggled with anxiety. How can taking the time to reflect about what you believe about God influence how you walk through it?
- 3) One way to move from anxiety to peace is to recognize God's goodness and control. Which is a bigger struggle for you: the belief that God is good or God is in control?
- 4) Read Philippians 4:6-7. We find peace when our prayers move from general to specific. Each of the three words for prayer in this passage are unique. Read over them and share which stage you are currently in.
 - Prayer: I know you can help me God. I know I should pray.
 - Petition: God I need your help, help me.
 - Requests: asking God for something specific.
- 5) When you feel anxious, is God the first person that you turn to for help? If not, where or what do you turn to?

Application:

Use Google to type what you're anxious about and add "Bible verse" to the end. Write that Scripture down and keep it in front of you this entire week.