

Potential Discussion Questions
Message: Engage JOY, Pt 23 (10-22-17)
Give Anxiety the Boot (Phil. 4:6-7)

1. Share a situation, perhaps humorous, where you were unnecessarily or harmfully anxious.
2. Anxiety is a sensitive topic. Those with severe, chemically based anxiety often feel misunderstood and apprehensive to broach the subject. Talk about your journey with anxiety personally and/or with people you are close to. Is this a difficult topic for you? How can you do this as a group in a respectful and supportive manner?
3. What would you say is a cause for anxiety to which you are vulnerable? How has this been impacting you recently? How do you see the interplay of fear & faith in anxiety?
4. How do you respond to the simple command: "*Don't be anxious for anything*"?
5. How does prayer provide an antidote to anxiety? What do you see as the critical elements, especially from the various words for prayer in v 6? How do you practice this?
6. Why is thanksgiving the catalyst? What does thanksgiving bring to the process that changes the trajectory of anxiety? Do you think consistently grateful people experience less anxiety? How does that work practically?
7. Verse 7 gives peace as God's replacement for anxiety. Talk about the meaning and implications of the peace of God guarding your heart and mind in Christ Jesus. What most touches your inner being on this? When you struggle with anxiety, what practical help does this bring?
8. Think about an area where you are prone to struggle with anxiety. Talk together how this passage helps you practically turn your anxiety into peace through prayer. If you are willing, share areas of struggle and pray through them together. When you are done, talk about insights you have gained for your own future praying.
9. What would you like to discuss about the passage that hasn't been addressed?
10. What is your best take-away from this study? How would you like others to pray for you in regard to this text?