

Series: Peaceful Hearts in Anxious Times
Study 3: Practical Help for Anxiety (Philippians 4:4-9)
Sunday October 31, 2021 – Richard Black, Mind Health

Discussion Starter: Anxiety is an emotion that God does not want us to remain in. Why? What is so bad about it?

Learning

1. Read Philippians 4:4-9. Paul tells us to not be anxious. In other words, not being anxious is an option. Reflect on this simple observation. What is your response to this.
2. “Fear is a powerful form of faith” (Richard Black). What does Richard mean by that and how is it helpful?

Equipping

3. What tools does Philippians 4:4-9 give to fight as a Christian through anxiety?
4. Richard Black shared a number of tools on Sunday. Talk about the ones that you find most helpful.

Healing

Break into pairs or threes for a time of deeper honesty:

5. Share the one specific area in your life where you need to apply this discussion.
6. Share the one specific you sense the Holy Spirit calling you to do in response to your time in God’s Word.

Pray for each other.