

SMALL GROUP DISCUSSION GUIDE

For the week of November 29-December 5, 2020

“BE NOT ANXIOUS”

GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

Name at least three joy stealers or stress inducers in your life.

GROUP DISCUSSION

As a group, memorize Philippians 4:6-7.

1. Paul begins his statement with the command, “Do not be anxious.” On a practical level, have you ever told yourself not to worry? Is it really possible not to be anxious? How can a Christian actually be able to obey this command?
2. Read Matthew 6:25-32. What catches your attention personally in these verses? How does this passage describe God? What shift, focus, or perspective does Jesus want a Christian to have in order to win the battle against worry?
3. Tim Keller states in his book, *Prayer*, “I can think of nothing great that is also easy. Prayer must be, then, one of the hardest things in the world. To admit that prayer is very hard, however, can be encouraging. If you struggle greatly in this, you are not alone.” Do you share in Keller’s sentiment about prayer?
4. What do you tend to pray for the most? For what are you reluctant to pray? Why?
5. Earnestly praying and bringing our request to God is a key to being released from our burden of anxieties and worries (cf. Philippians 4:6). How, or in what way, does our trying to keep control of things keep us from releasing our worries into the Lord’s hands? How does having faith in our loving heavenly Father help us to cast all our anxiety on him (see 1 Peter 5:7)?

6. How, or in what way, does giving thanks to God in everything help us overcome the temptation to worry about things? How, or in what way, does gratefulness take the focus off of ourselves? How does having a thankful heart affect our relationship with God?

7. [NEXT STEPS]

- I will cast my worries to the Lord.
- I will cultivate the habit of praying for my cares.
- I will be thankful.
- I will let the Holy Spirit do his work in making me more like Jesus.

Don’t forget to:

- Go through the devotionals everyday this week.
- Have a regular daily time of prayer and reading of God’s Word.
- Commit 30 minutes a day for God’s intervention in this fight against the COVID virus.

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray for the peace of God to go beyond any circumstance that you are going through these days.
- Take the time to pray for our nation, for peace and for the gospel to prosper during this time of the pandemic.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.