



## TWO LIFE PRESERVERS IN A SEA OF ANXIETY

### BIG IDEA

God's peace and purpose are the remedy for anxiety.

### OPENER

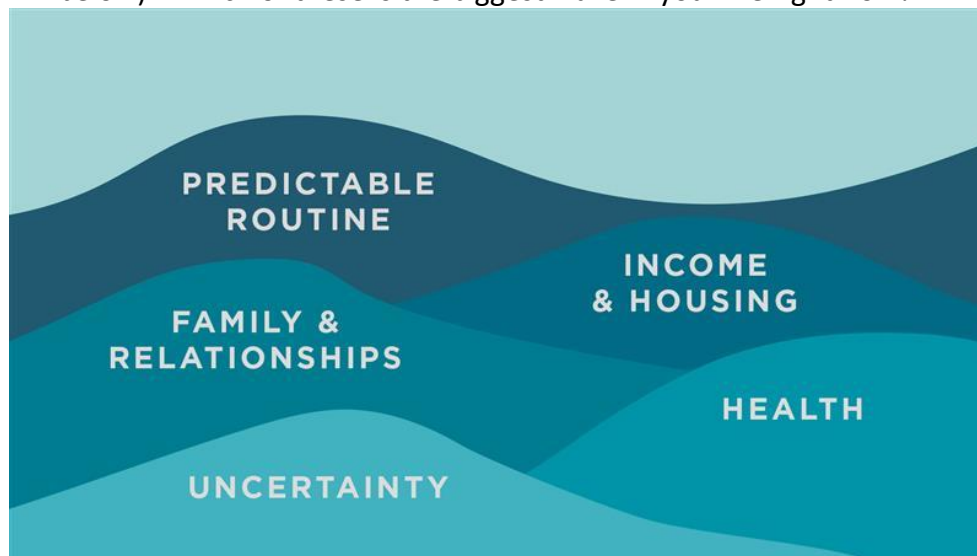
What are you thankful for today or this week? Read Ephesians 5:20 and determine if you followed Paul's directions.

### SCRIPTURE

Read: Philippians 4:6-9

### QUESTIONS

1. How successful were you in following through on your "I will" statement from last week? What did you notice as a result?
2. John described the waves in our lives from the sea of uncertainty we are experiencing (see image below). Which of these is the biggest wave in your life right now?



3. When we expend huge amounts of energy, like during football practice, we require considerably more physical food to maintain our strength. During this stressful time what extra things are you doing to maintain your spiritual strength?
4. John gave an illustration of prayer as talking to someone on the phone (close and intimate) and going to the BMV where you have to take a number to talk to someone (impersonal and transactional). What is your prayer life more like? What has been helpful in your life when it comes to prayer?



5. Pastor John talked about needing to be intentional with what you allow into your mind through your eyes and ears. What things are you allowing into your mind that keep you from God's promise of peace? What changes do you need to make?
6. John talked about how God wants to use you for His eternal purpose. He wants us to move from being a victim to being an activist. Although meeting people's physical needs is important, the most important thing is to help lead people to eternal salvation. In what way do you need to change to be more like Paul in bringing others to salvation in Christ? (1 Corinthians 9:22-23). By what actions are you showing Christ to others during this time?
7. Who are the 5 people that you plan to invite to our online Easter services?
8. Write an "I will" statement on how you will purposefully minister to the needs of others this week. Report back to your group next week!

## TAKEAWAY

- Fixate your mind on God's peace and promises, then get busy doing His purposes.
- Tell God what you need, Praise Him for what He has done.
- Fix your thoughts on what is true.
- Think about things that are excellent and worthy of praise.

## REFERENCES

Isaiah 26:19

Luke 12:25-31

John 14:27-28a; 16:33

Romans 5:1

1 Corinthians 9:22-23

Ephesians 5:20

1 Thessalonians 5:16-18

Hebrews 9:27-28

1 Peter 5:7

## DIGGING DEEPER

- The word "peace" is used in different contexts in scripture:
  - Prosperity and well-being (1 Kings 4:20&25, Micah 4:3-4).
  - The absence of war, which will only come after the 2<sup>nd</sup> coming of Christ (Matthew 24:6-14).
  - Spiritual peace concerning justification of believers (Romans 5:1).
  - The condition of inner tranquility amid difficulties and troubles. (Philippians 4:7 and Isaiah 26:3).
- John described the difference between having peace WITH God (Romans 5:1) and peace OF God (John 14:27). From these verses in Digging Deeper, which ones apply to peace WITH God and peace OF God?