

## Week 2:

# Peace In Anxious Moments



## Questions

1. What illustration, story or scripture had the greatest impact on you this week?
2. When do you tend to be anxious? What situations or people bring out your stress? How can you prepare spiritually to handle those stresses?
3. Read John 16:33. Why do you think Jesus specifically says, "in *me* you may have peace" rather than by saying the disciples could find peace in who He was or what He had done in His ministry?
4. In Philippians 4:6-7, Paul gives us several ways that prayer can replace anxiety. (See takeaways below). Which part of Paul's guidance about prayer needs more focus for your anxious moments?
5. What is an issue in your life that is causing you anxiety- mentally/emotionally/spiritually? How would bringing intentional focus on God's peace change that issue?
6. How can you put this message into practice? What steps could you take to bring your anxious moments to God?

## Scripture References

Read Philippians 4:6 & 4:7

Suggested reading - entire book of Philippians for this sermon series.

## Takeaways

- God's plan for us:
  - Stop anxiety with prayer.
  - Replace anxiety with peace.
- Prayer that replaces anxiety with peace:
  - Dialogues constantly, reminding us we are His kid.
  - Admits a need for His help.
  - Expresses thankfulness for what we do have rather than what we don't.
  - Makes specific requests of Him.
  - Guards our hearts and minds from future anxiety.

## Weekly Action Step

Use the takeaways above to help ease your current anxieties. Write down the things that are causing you anxiety and pray specific prayers to Jesus over them.