

# DERAILED

## Anxiety

Discussion Guide  
February 18, 2018  
Philippians 4:6-8

### Questions for Study

\*\*Before discussing these questions, read through Philippians 4:6-8 as a group.

1. Apple News named 2017 “The Year Anxiety.” Would you agree we live in a particularly anxious day and age? Why?
2. What are some of the primary worries people you know face? Which of these are worries you personally face?
3. What are some unhealthy ways to deal with worries that come up? How can worry “derail you” if it goes unchecked in your life?
4. Look closely at Philippians 4:6-8. Notice that nowhere does the passage tell us to ignore or bury our worries. Why is this an important observation?
5. How does the passage tell us to deal with our worry instead? What stands out to you about this instruction?
6. Read Philippians 4:8 again. What specific thoughts / truths can you fill your mind with, that fall into one or more of the categories mentioned in this verse (e.g. “true,” “noble,” “pure,” “admirable”)?
7. React to this simple way to understand worry: “When we worry, the thing we’re worrying about (e.g. a circumstance, issue, or person) has become bigger than God to us.” What in this statement do you resonate with? Is there anything you’d add or nuance differently?
8. In the midst of things we can worry about, why is a right view of God so important? What practical things can you do to maintain a right view of God, even in the middle of situations that might otherwise overwhelm you with worry?
9. Read the following passages. After each, briefly summarize what they teach about responding to worry:
  - Isaiah 26:3
  - Matthew 6:25-34
  - 1 Peter 5:6-7
10. Review what you’ve learned from this discussion about worry and anxiety. What is one practical take-away you can apply to your life this week? How will you apply it?
11. **Challenge:** Memorize Philippians 4:8: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”