Finding Peace in an Anxious World

Small group questions

Read Phil. 4:4-9

1. What tends to make you anxious?

2. Discuss this statement: “Anxiety causes us to get our eyes off the Lord and onto something/someone we think we need.”

3. Why do different people experience anxiety about differing things?

4. How does rejoicing in the Lord help us deal with anxiety?

5. How does praying with thanksgiving help us deal with anxiety?

6. How does right thinking help us deal with anxiety?

7. Why is it important that we put these things into practice if we are to experience peace?