

Life Group Questions 10.20.24

1. Share one of the times in your life that you felt completely at peace, and you felt worry free.
2. Read Philippians 4:4-7. There is a process to obtain peace when we are anxious. What are the steps you see outlined in the passage?
3. Describe your internal/external process when you are faced with anxiety and worry.
4. Where in your process do you usually get derailed from God's process?
5. Paul offers an alternative to anxiety, saying to "present your requests to God" through prayer and petition. How does prayer help in dealing with anxiety? Can you share a time when prayer brought you peace in a difficult situation?
6. Paul emphasizes gratitude in the midst of presenting requests to God. How can thankfulness change our perspective when we are anxious? What are some things you can be thankful for, even during stressful times?
7. Read Hebrews 7:23-25. This passage mentions that Jesus "always lives to intercede" for us. How does knowing that Jesus is constantly interceding for us affect your understanding of his care and involvement in your life? How can this truth bring comfort in times of doubt or hardship?