



find it here

MESSAGE APPLICATION Guide

NOT Afraid Week 4

ICE-BREAKER:

Once social distancing is totally over, what's the first thing you want to do?

Imagine never worrying about anything! We are about to read Paul's advice to turn our worries into prayers. Would you truly like to worry less?

READ: *"Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*
- **Philippians 4:4-7 (NLT2)**

DISCUSS:

What's stressing you out the most right now?

If our enemy's attacks our mind, and his weapon of choice is his lies, what kind of lies do you think the devil wants you, specifically, to believe?

How can you most effectively stand up again his attack?

What would be different about your life if your heart and mind were always guarded by God's peace? How would it affect your friends and family? How can you stay guarded?

APPLY

In what areas of your life do you need to follow Paul's example?

What can you do to reduce your level of anxiety today?

How can you praise God in the middle of whatever struggle you're currently going through?