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## MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking, then choose the questions that work best for your group.

### Anxious for Nothing Week 3

#### ICE-BREAKER:

What does rejoicing mean to you? How do you rejoice?

#### DISCUSS:

When was the last time you rejoiced in the Lord? What made you rejoice?

Has there been a time in your life when a new perspective made a big difference? If so, what happened?

**READ:** *Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.*  
- **Philippians 1:12-13 (NIV)**

How could Paul decide if an event (like his imprisonment) was good or bad? What is there about his example that you would like to implement in your own life?

How was Paul able to view his circumstances from such a positive perspective?

#### APPLY IT

What would it take for you to begin approaching every situation you encounter in life from a perspective of praise?

Is there a struggle you are facing right now that you can praise God for?

If someone you know is struggling with anxiety, what could you do to encourage them?