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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 1

ICE-BREAKER:

What was your favorite memory or experience from the past couple of weeks?

DISCUSS:

When was the last time you didn't feel anxious about anything? What enabled you to be so worry-free?

READ: *“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*
- **Philippians 4:4-7 (NIV)**

Why do you think God desires for us to be anxious for nothing? Do you believe this is possible in contemporary culture? What would it require for you personally?

Of the four anxiety-causing mistakes mentioned in Sunday's message—1) running ourselves in the ground, 2) shutting people out, 3) focusing on the negative, and 4) forgetting God (1 Kings 19:1-13) which do you seem to struggle with the most?

APPLY IT

Have each member of the group identify at least one thing they can do to trust God more completely and avoid anxiety more fully this week?

How can you reassure someone else of God's presence who may be feeling brokenhearted or overwhelmed?