

Anxious

WEEK OF May 6 – May 11 / GROUP TIME GUIDE

This guide is given to aid in the facilitation of leading your small group. It is only an aid for you to **experience Christ together.**

Prayer: Begin your time in group together by inviting God to be with you. Ask Him to change you as you seek Him and study His Word together. Ask him to use everyone in the group to encourage, challenge, and teach one another.

Bible Study:

1. This weekend we continued our series on anxiety by learning how we keep from being anxious. Pastor Vance unpacked Philippians 4:6-7 to show us “four musts to knowing God’s peace.” The first being: I must know God.
 - a. **Pastor Vance said, “You cannot know the peace of God without knowing the God of peace.” What does he mean by that?**
 - b. **How did Paul in Philippians 4:11-13 learn contentment? What was his “secret” according to that passage?**
2. The second “must” was: I must live my life in constant fellowship with God. Pastor Vance pointed out that Paul used several words to describe our communication with God. Being able to talk with God is tantamount to us experiencing His peace.
 - a. **Pastor Vance used an illustration of a “God box,” to illustrate our tendency to only approach God for a few minutes in the morning, before a meal, or at bedtime. What does your prayer life look like on a daily basis?**
 - b. **What do you desire it actually look like? How can that happen?**
3. Thirdly, Pastor Vance taught: I must be honest with God about the cares and concerns of my life. Out of this point we learned that instead of looking to ourselves or others and becoming fearful, anxious, worried, and stressed – we need to look to God! He gave us this powerful spiritual reality, “Trusting God at all times doesn’t mean you can’t be honest with God about all things.”
 - a. **What does Pastor Vance mean by that quote? Are you honest in your prayer life with God about all things?**
 - b. **What does it look like to pour out our hearts to God daily?**
4. Finally, the fourth “must” was: I must be intentional about thanking God, especially in stressful situations that tempt me to be anxious. Pastor Vance explained this point in two spiritual realities, discuss them both below:
 - a. **“Difficult and stressful situations in your life are simply opportunities for God to show His faithfulness” (How so? Have you seen this in your own life?)**
 - b. **“Thanksgiving is the greatest weapon you have against anxiety and stress in your life” (How does this work in our lives? How can we do this?)**