

SERIES TITLE: UNSTUCK

PART TWO: FROM WORRY

TEXT: PHILIPPIANS 4:6-7

INTRODUCTION.

This series focuses on life situations in which we commonly find ourselves stuck. Fear, Anger, Worry, Jealousy, Revenge, and Guilt are emotions and reactions that challenge most of us. We will discover what the Bible says about these things, and how Jesus sets us free.

DISCUSSION.

What kinds of things do you worry about most?

EXAMINATION.

- Define the word “anxious” in v.6, by comparing how it is used negatively in Matthew 6:34 and Luke 10:41; and how it is used positively in Philippians 2:20.
- How do Paul’s present circumstances qualify him to talk about worry?
- According to what Paul teaches here, what is the antidote to worry?
- Why is it significant that thanksgiving is to occur before the request is even answered?
- How does the peace of God “guard” our hearts and minds?

APPLICATION.

- Why is it easier for us to panic or plan instead of pray?
- How can we pray in a way that frees us from worry?
- How is the cross the greatest example of why we can trust God to do what is best?
- How do you react to this statement?
Worry means I have allowed a person, problem, or situation to be bigger than God.

- Fact: What is a key truth that you understood from this passage?
- React: What did you feel?
- Act: What are you going to do?