

“Christ In Us: Action Plan”

Growth Group Guide

August 24, 2025

WELCOME *(Connecting with each other)*

People living in Springfield in January of 2024 remember the Ice Storm of the decade! If you were here, what kind of Action Plan did you have in place for an emergency like this? After the storm, did you make changes to your Action Plan to be better prepared for a power outage or an emergency like this?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Read the verses below. Take some time to praise and thank God that in Christ, God’s plan was for his kids to have more than we could ever need, including help for all our anxious moments.

1 Corinthians 2:9 (NLT)

That is what the Scriptures mean when they say, “No eye has seen no ear has heard, and no mind has imagined what God has prepared for those who love him.” (ref. Isa 64:4)

Philippians 4:19 (NCV)

My God will use his wonderful riches in Christ Jesus to give you everything you need.

WORD *(Letting God speak to us)*

1. **Read 1 Thessalonians 5:17.** Before hearing the sermon, what was your thoughts about or approach to this verse?
2. How have you defined prayer before the sermon? Would you define prayer differently now knowing you’re in Christ? What are your thoughts surrounding the idea that prayer isn’t only an act, but it is an atmosphere? Discuss.
3. **Read Philippians 4:4-6.** Knowing you are in Christ (the atmosphere and place you live), does the phrase “Rejoice in the Lord” change in meaning for you? If so, how? How does this change our daily living?
4. Are joy and happiness the same thing? Define each and discuss why it’s important to understand their differences?
5. What baseline beliefs get us into states of anxiety and worry? Make a short list. Is there any commonality between the beliefs you listed or between who the focus is on in each?
6. Have you ever tried to “stop” being anxious or worried and it just got worse? The Old English word that we get our word “worry” from means to strangle; the more you fight the tighter the grip. The Greek word for anxiety means to be pulled in many different directions. We feel it don’t we! However, Paul is telling us that joy can eclipse anxiety and worry, it (joy) can grow, and they (anxiety and worry) can shrink. With what we’ve learned so far, discuss how joy can be an antidote for anxiety and worry?

7. **Reread Philippians 4:4-6 again.** Notice Paul first encourages us to overcome anxiety by enjoying (taking joy in) being in Christ, in union with Him. Out of the joy over our being in Him, Paul then encourages us to share (tell) all our troubles and requests with God. He wants us to put it all on His shoulders. Why is this? **Read 1 Peter 5:7.**
8. Get a little specific with what qualifies as “all” our troubles. For example, what troubles might people have due to their past, present, or future.
9. **Read Philippians 4:19.** How is this verse sharing an antidote for worry, and how is it provided for us?
10. **Read Philippians 4:7.** What’s the outcome of enjoying being in Jesus and talking with Him? **Read Ephesians 2:14.** How does this verse give Philippians 4:7 richer meaning?
11. **Read 2 Corinthians 11:3** in the NKJV. What do we have in Christ? What kind of lies does the enemy tell us so our Christianity gets complicated, and we miss this gift we have in Christ?
12. When we are tempted to question our position in Christ, and its simplicity, what from Philippians 4:4-7 can get us back on track?

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: When we share everything with God, we experience what we have in Christ - simplicity, joy, peace, and our needs being met.** Paul encourages us to rest in the singlemindedness that comes by living in Christ. Christ is all we’ll ever need. To turn the tide of anxiety and worry in our lives, we get to take joy in being in Jesus and practice sharing everything with Him. It’s God’s plan for us so we will experience all He has for us in Christ. Did this study uncover some lies you are believing? Talk to God about it today. Reject anything contrary to what His word tells you about Jesus and your position in Him. Take joy in being in Him and let Him show you more and more of His abundant provision in Christ for you in your everyday life.

WORLD *(Embracing God’s heart for others)*

Everyone Village in Eugene has been going on “all cylinders” this summer with the building of their new recuperation cottages and community health clinic. Set to have a Grand Opening event on Tuesday, September 16th from 11a-1p, they have invited you to come!

Use the following link address to register and get more info:
<https://everyonevillage.org/community-health-clinic/>.

To see the 9News report visit:

https://www.kezi.com/news/medical-clinic-and-recovery-center-coming-to-eugenes-everyone-village/article_c534b8a6-d03d-4f94-8b8b-592cde9c99cf.html

Psalm 30:11-12 (NLT) “You have turned my mourning into joyful dancing... O LORD my God, I will give you thanks forever!”

[Copies of this Guide are available at <https://thurston.church/resources>]