

Small Group Discussion

Anxious for Nothing

Finding CALM in a Chaotic World

PRAY:

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

Review the sermon notes: (if you brought them with you)

What was your biggest take-away from the teaching? Where were you most challenged and how will you live differently because of what you heard?

READ this Big Question out loud and discuss:

In difficult circumstances, do you stress out with worry and anxiety or do you experience the peace of God? Which word MOST describes you: ANXIOUS or PEACEFUL?

READ and DISCUSS:

Philippians 4:4–8

What are the key commands and life-giving statements made to us in these verses?

What role do our minds play in our anxiety? What are the things we are to Meditate upon? Why do you think God wants each of these to be a part of our thoughts and the process of life?

The presence of anxiety is unavoidable, but the prison of anxiety is optional.

PLEASE NOTE: Some people are under a doctor's care, and receive anti-anxiety medications. We are grateful for this care and believe God can use medication, counseling and therapies of various kinds to assist people in dealing with anxiety.

READ and DISCUSS:

John 16:33; Proverbs 12:25; Romans 8:28 & Ephesians 1:11

How do these verses bolster your faith and trust?

Is there a promise here you can grab hold of right now for your life and situation?

The Four Main Points from our Teaching:

1. Celebrate God's goodness
2. Ask God for help
3. Leave our concerns with God
4. Meditate on good things.

Pick one of these points and share what you will do in the days ahead to make that point a greater and more consistent part of your daily life.

PRAYER:

Pray for the Christmas season ahead and the lives that could be changed for all eternity.

Our Children's Christmas musical and our Christmas Eve Services.

Pray for the efforts of our church, the Base Chapel, the churches in Santa Barbara County as we all ratchet up our efforts to reach out this Christmas.

December 2, 2018



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