



# Anxious For Nothing

Week 2 - 4/26/2020

Ask God for Help

## Get to Know You:

- Think about a trip you've gone on where something didn't go right. How did that trip end up? What are some stories you have now as a result of something not going according to plans?

## Discussion Questions:

1. We started this way last week, so let's read Philippians 4:6-7 out loud again:

“Do not be anxious about anything, but in every situation, 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.”

2. When you feel anxious, do you turn to God first?
  1. If not, what/who is the first thing/person you turn to? What would it look like to change that answer to “God?”
  2. If so, what did you do to get to that point and what are you currently doing to keep God the first option?
3. What's one thing that stuck out to you as we went through the Lord's Prayer in Matthew 6?
4. Read Matthew 6:33 out loud.
  1. What does it look like to obey that verse?
  2. How does obedience to that help eliminate anxiety?
5. Think through prayer (asking God for help)
  1. Does your normal way of prayer differ from Matthew 6 and Philippians 4:6? In what ways?
  2. What can you thank God about right now?
  3. What specific thing can you ask God for (making sure it's his will) right now?

## Practical Application:

- Find a place in/around your home this week that you can designate a place of prayer (chair, couch, closet...somewhere distraction free). Spend 15 minutes (minimum) a day in that spot. Celebrate God, listen to Him (lean in), be thankful, and ask for His Will!