



THINKING THAT IS PEACEFUL AND PURE

PHILIPPIANS 4:6-9

GETTING STARTED

- What is something that makes you anxious? When was the last time you really felt a sense of worry?

SCRIPTURE STUDY

Before you begin: *Open with prayer and spend a minute or two in silence before God. Have multiple people ask the Holy Spirit to enter into your time together and illuminate your hearts and minds to scripture.*

- Have someone read the passage aloud and note any observations, questions, and exciting insights you found while reading through the text to share with the group. What jumped out at you? What was something you noticed now that you didn't see before?
- How come sometimes we feel like in church it's not ok to be anxious?
- Why is "thanksgiving" an important part of prayer and petition?
- Define what God's peace is. Why is it important for God's peace to guard our hearts and minds when we're anxious? Can you think of a time when you experienced that?
- How might verses 8-9 be a litany against anxiety?

WRAPPING UP

- What does it look like for you and your LIFEGroup to be a non-anxious presence in the world?
- Practice praying through whatever is true, noble, right, pure, lovely, commendable, and worthy of praise as you lift up your requests to God.