

WHAT IF I'M ANXIOUS?

WORRIED

THE TAKEAWAY

Knowing God and giving him control gives us peace when we are worried and anxious.

OPENING QUESTION

What's something that can always make you smile when you're feeling down?

WHAT THE BIBLE HAS TO SAY ABOUT IT

Pull out a piece of paper and pen, or your phone.

- Take a couple minutes to jot down everything on your mind right now that might be distracting you from fully focusing on this lesson.
- Now circle any items that you wrote down that you would identify as things you are worried or anxious about. Probably at least one or two of them, if not more.

We all have things that cause us to get worried or anxious. Sometimes they're small things that don't really matter and sometimes they're big things that take time to work through. But either way, God doesn't want us to worry. In fact, he loves and cares for us so much that he commands us not to worry. He knows there's a better way to live. Worry causes us to focus on ourselves and our situations, but God wants us to look to him—the only one who can fix anything.

Read Philippians 4:4–9, an invitation to claim God's peace in our hearts and minds, and let Christ overcome our worry and anxiety.

DISCUSS:

- What is the formula Paul gives us in verse 6 to use when we're worried or anxious?
- In verse 8, why does Paul tell us to think about these specific things?
- Why is it so hard to claim God's peace amidst worry and anxiety?
- How can you "practice these things" (v. 9) in your daily life?

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APPLY IT

Identify one promise or command in this passage that you will commit to living out. What is one practical way you can do that this week?

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

MEMORY VERSE

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4:6–7 (ESV)

ON YOUR OWN...

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. Practice what this passage teaches by taking extra care to be thankful and to present your requests to God.

ACTS PRAYER

The ACTS Prayer Method is a tool to guide you toward a complete process of prayer and away from the common wish list of things you want from God. Pray through the following:

Adoration: Praise God for who he is

Confession: Confess your sins before God

Thanksgiving: Offer thanks for God's gifts

Supplication: Present your requests to God