

Sermon Notes

Philippians 4:6-9

This week we discussed how we can overcome anxiety in our lives by living according to the standard of God's Word. In a world that causes uneasiness, worry, doubt, and fear, and it important that we trust God for His leading in our lives. As believers, we have the ability to be consumed by Christ's peace in any given moment. This is because peace is not the absence of conflict; it is the favor of God through it. We learned that stress, worry, and anxiety are an invitation by God for us to seek His face and pray.

Please review the sermon notes below...

Our Thinking: Consumed with Peace

Philippians 4:6-9

Avoid anxiety: Pray (6-7)

Avoid Emotionalism: Think Well (8)

Avoid Passivity: Practice your faith (9)

Hearing the Word of God and responding to Him is extremely important. If you haven't had the chance to listen to the message from this week, you can [watch it here](#). After watching, please use the following questions (if you find them helpful) in your BRAVE groups (now online every weekday) or discuss them with your family and/or friends. If you are not in a BRAVE Group, now is a great time to get involved. Please go to our [online Small Group platform](#) to connect with a group that will work for you.

1. How often do you experience anxiety? How long does it last? What are the triggers for you? Why doesn't God allow us to worry?
2. In what areas of your life do you have a tendency to control the outcome? What is the problem with this way of thinking? What is the result?
3. What substitute has God provided for us instead of worry? Why is prayer such a gracious gift when we are worried?
4. What are ways that you can become more centered in your prayer life? What has God called us to worry about? What has God called us to pray about? What are areas in your life for which you have neglected to pray?
5. What is the difference between emotionalism and emotion? What is the problem with emotionalism? Why does our culture center their decisions on emotionalism and feelings instead of facts?

6. Why is it imperative that we think God's thoughts? How does our thinking affect our behaviors? What are ways in which you need to think differently in the coming days?
7. What are some of the items listed in Philippians 4:8 that would be beneficial for you to meditate upon more regularly? What is consuming your thoughts today instead of His Word?
8. What are some specific ways the Holy Spirit has challenged you recently? How have you responded to the leading of the Spirit?
9. Why is practicing our faith so important? What happens if we know what to do and don't do it? If we begin to practice our faith, will we do great on our first attempts? What happens if we try and fail?
10. Are you able to declare with the Apostle Paul that if people just did what you did and spoke how you spoke that they would experience more of God's peace? Why or why not?
11. How does practicing our faith by serving others help us to grow personally?
12. What is one area the Lord wants specifically you to grow in this week?