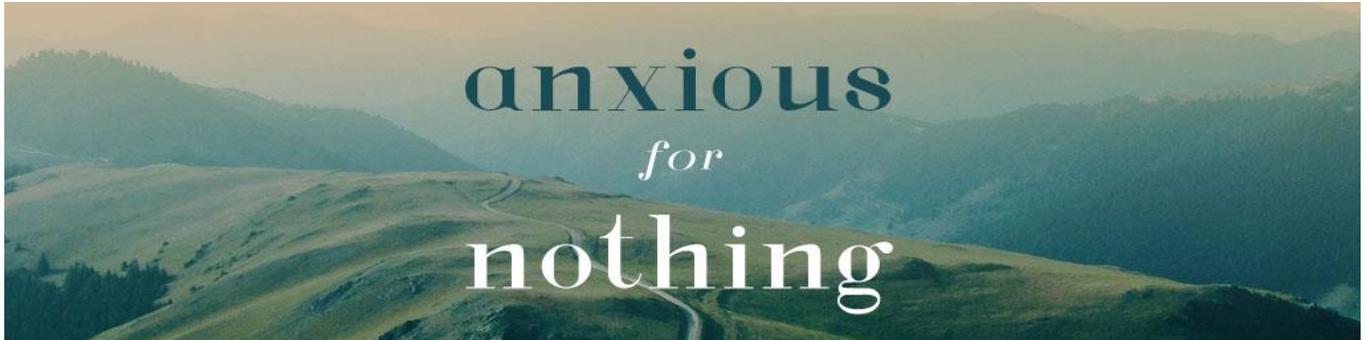




#3 – Anxious for Nothing

Pastor Nick Jones

FoothillsBibleChurch.org/sermons



March 14, 2021
The Peace of God
Philippians 4:7

Big Idea: The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1. The peace of God

2. Surpasses all understanding

3. Guard your hearts and your minds in Christ Jesus.



Growth Group Questions

The Peace of God

Philippians 4:7

FoothillsBibleChurch.org/growth-groups

Big Idea: The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Goal: Experience God's peace by seeking His presence.

Prepare

This week we are diving into Philippians 4:7 asking God to free us from anxiety through the Holy Spirit's power. The personal preparation time and discussion are meant to help us flesh out what we have learned through the sermon and apply it more thoroughly in our lives together.

Watch Pastor Nick's sermon, *God of Peace*, noting anything memorable and impactful as you go. You can take notes in the FBC app if you would like.

Read Philippians 4:4-9; John 14:27; Romans 5:1; Ephesians 2:13-14; Galatians 5:22; Isaiah 55:8-9; 1 Corinthians 2:9

Memorize and Recite Together: Philippians 4:6-7 "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."

Pray: Father, we need You, the God of peace. Thank you for the gift of peace which comes with Your presence. Help us believe this even more!

Connect

1. Share experiences of anxiety over this snowpocalypse you witnessed or felt yourself.

Discussion Take some time to personally reflect on these questions after viewing the sermon and before your G2. It could make for a great morning devotional time! You can type and save your responses in the FBC app privately if you would like.

1. Share which Scripture about *thankfulness* you chose to meditate on this past week and any insight you gained. If meditating on Scripture is a newer concept for you, how did it go?

2. What did you learn about God and yourself from this sermon and passage and what would you like to see change in your life because of it?



Confront the Chaos

1. What are some of the greatest temptations to use in place of pursuing God's presence as escapes from fear or anxiety?

2. Have you ever walked through a season in which it seemed you would never make it out alive? Maybe you are in such a season now. How was (or is) that season different from other hard circumstances in your life?
 - a. How has (is) this season changed(ing) you?

 - b. How are those changes a form of God's grace for you

Choose Calm

1. Describe a time when you sensed God's peace, yet it just did not make any sense in the given situation. If you cannot think of one for yourself, what about witnessing this kind of peace in someone else?

2. Read Isaiah 40:31. What could it mean to wait on the Lord in your situation?
 - a. If the waiting is what renews your strength, will it be worth it?

3. What Scriptures do you run to when facing fear or anxiety?

Meditate

1. Meditate this week on John 14:27. Let this verse, the words of Jesus, His offering of peace to our hearts, sink in this week. Pray over those words, write those words over and over until you know them and believe them.



2. As a church we are memorizing Philippians 4:6-7 during this series. **Recite Philippians 4:6-7 together and daily through the week:** *"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."*

Closing Prayer This prayer section is a guide to help you process with God what you have learned about Him and yourself through the sermon, personal preparation time, and discussion, then seek the Holy Spirit's power in applying it in your life. Sharing these responses in your G2 will help others gain insight into God and themselves while also helping and encouraging one another toward growth.

1. **Admire:** Praise God for His sovereignty, perfect wisdom, and love which allow you to fully rest peacefully in His presence in any situation.
2. **Admit:** Share things causing you anxiety right now. Pray thankfully through each response you can foresee from God in the situation.
3. **Aspire:** Take the time to bring anxieties before the Lord and pray, "Lord, I believe; help my unbelief!" (Mark 9:24). Pray expectantly for victory over the anxiety no matter how God chooses to respond.
4. **Ask:** Keep track of requests and celebrations from others in your G2 and pray for them.

