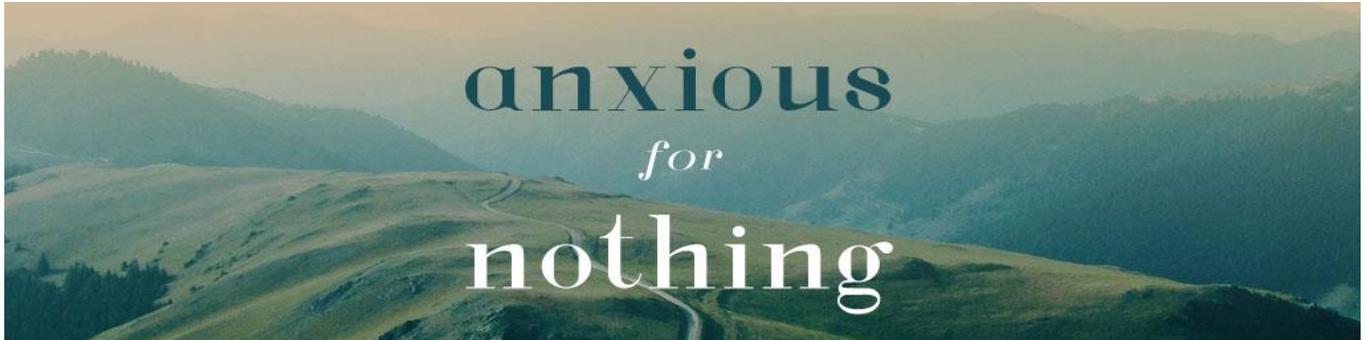




#2 – Anxious for Nothing

Pastor Shawn Peterson

FoothillsBibleChurch.org/sermons



March 7, 2021
Pray With Thanksgiving
Philippians 4:6

Big Idea: Trust God and pray with thanksgiving and your anxiety will melt away

1 - Do not be anxious about anything

2 - Pray with Thanksgiving

Meditate on a thankful heart with 1 of these verses: Col 2:6-7, Eph 5:4, Colossians 4:2



Growth Group Questions

Pray With Thanksgiving

Philippians 4:6

FoothillsBibleChurch.org/growth-groups

Big Idea: Trust God and pray with thanksgiving and your anxiety will melt away

Goal: Clearly and winsomely preach the freedom from anxiety that is available for every Christian

Prepare

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 Shawn's sermon, *Pray With Thanksgiving*, 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, Ephesians 5:4, Colossians 2:6-7, Colossians 4:2, Hebrews 13:8, Matthew 6:25

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, thank You. No matter what, thank you.

Connect

1. Who has been especially loyal to you or others?

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 God's sovereignty you chose to meditate on this past week and any insight you gained.

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. Read Luke 18:1-8 and note the consistent theme. What do you think Jesus knew about the natural prayer life that we would need these stories to help get the point across?

2. How prevalent is an attitude of thanksgiving within you? Would other people say you are a ***bit entitled and demanding*** in your attitude or you are ***pliable and grateful***?
 - a. What difference would it make in your day if you began each day with thanksgiving.

Choose Calm

1. **Read 1 Peter 5:6-7.** Why should we take our anxieties and cares to God in prayer and how does believing God is sovereign add more power to this?

2. What spiritual disciplines do you find most helpful in confronting anxiety? Describe how it works.

3. What attributes of God do you find most helpful in confronting anxiety? What about this attribute do you find so helpful?

Meditate

1. How would you change your requests to include thanksgiving to God? Write those out.

2. Thankful prayer shifts our focus away from our anxieties to God's sovereignty. Choose one of the following Scriptures to meditate on thankfulness this next week. You will have an opportunity to share its impact on you in the next G2 meeting. Ephesians 5:4, Colossians 2:6-7, Colossians 4:2.

3. 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.

