



LIFE GROUP DISCUSSION GUIDE



JUNE 15, 2025

Dive In

Go around and let everyone answer...

What makes you anxious? How do you respond (physically, emotionally, mentally, relationally) to these anxieties?

Dig Deep

Read Scripture: Philippians 4:6-7 then 4:4-5

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” (NIV)

- What formula of action does Paul present to protect us from a perpetual state of anxiety?
- In what ways can we effectively incorporate these action items into our daily lives?
- How do we speak with God specifically about our anxieties? What Psalms come to mind that can help us understand how to speak with God?
- Where should our focus be to develop a “state of thanksgiving” towards God.
- How have you experienced the “peace of God” within your life, following an anxious period?
- Rejoicing in the Lord is a great blessing. What helps us achieve this great joy?

Do Big

- “The Lord is near” in both a current presence and future return. How is this like the effect a loving parent has upon an anxious child?
- Read 1 John 1:15-17; 4:7-5:5. What is our role in these relationships (with God, with one another, with the world) for us to receive the blessing “...perfect love drives out fear...” (4:18 NIV).