

PRAYER REQUESTS

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SERVICE PROJECT

Sunny Hills Growth Group

Week of January 15, 2017

OPENING QUESTIONS

1. What do people worry about most?
2. If you had a magic wand that really worked, what would be the danger in actually using it?

QUICK REVIEW

This week we ... looked at God's prescription for overcoming worry and experiencing God's perfect peace.

Looking back at your notes from this week's sermon, was there anything that particularly caught your attention, challenged or confused you?

DIGGING DEEPER

What is a good antonym (opposite word) for each of these words:

Worry / _____	Hope / _____	Fear / _____
Concern / _____	Calm / _____	Prayer / _____

Philippians 4:6-7 (ESV), do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.⁷

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- What role does anxiety play in our faith development?
- Supplication Definition: the action of asking or begging for something earnestly or humbly. Are prayer and supplication the same thing?
- Where does this peace mentioned in verse 7 come from? And from what will this peace guard our heart?

Philippians 4:8 (ESV), Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

- Why would thinking about “these things” be helpful?
- How far would one have to look to see any of these things?

Philippians 4:9 (ESV),

⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

- Practicing our faith provokes what?

- What significance do you see in the word order of “peace” and “God” in verse 7 and verse 9?

APPLICATION

Is worry your friend, or your enemy?

Suppose somebody wrote out Philippians 4:8 on 50 index cards and taped them up all over her home ... would that make a difference?

“I lost my job” someone tells you. Which of these is your best response ...

- [] Don't worry, just pray about it.
- [] God's in control!
- [] Here's \$50 to help with gas.
- [] Wow, I'm so sorry.
- [] Think about what good can come from this.
- [] What? Really, I'm worried about my job too!

What is going on in your world today that's worthy of praise?

- 1.
- 2.
- 3.