

BE ANXIOUS FOR Nothing

Sunday, March 29, 2020

Philippians 4:6-7

A Time of Worship

Pray—what are some things (or some individuals) you have been praying about this week that you'd like to pray about together?

Opener: *What are some things which frighten you or make you anxious?*

Bible Study: Read *Philippians 4:6-7* and *Mark 4:35-41*

Discuss:

- On a scale of 1-10, how frightened do you think the disciples who were in the boat with Jesus were of the storm?
- Where was Jesus and what was he doing during this time? How do you think he could be doing this?
- What do you think of Jesus' response after being awakened? He first rebuked the disciples and then rebuked the storm!
- What do these actions tell us about God... his nature, his will, his desire for mankind?
- Have there been moments in your life you wished you could speak the words, "Peace, be still" and all would settle down? Share.... Is THIS one of those times? Why or why not?
- What was the reaction of the disciples after the storm ceased? Why do you think they felt as they did? What would your reaction have been?

Application:

Jim spoke of "anxiety" as being a real negative factor in our lives (especially today). In what ways have you experienced anxiety through this (or other) storms?

Jim suggested three responses to this present "storm" or moment of "anxiety". They are:

- 1.
- 2.
- 3.

How difficult is it for you right now to practice these three suggestions?

How can we pray for spiritual growth thru this time of anxiety?