



Small Group Participant Guide

Philippians 4:6-7 | What Jesus Said About...Worry

Key Verse: "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. (Philippians 4:6, ESV)"

Objectives: Through your time exploring this passage, you will:

Discuss the issues that cause worry in your lives.

Explore the root of worry

Analyze God's remedy for worry and evaluate the promises of God.

Apply God's Word to your life regarding your worry, in practical terms for your daily life.

Ice Breaker: Worries in a Hat (or a bowl)

The Command (Philippians 4:6a)

The command is simple, "Do not be anxious about anything." What is anxiety?

Even though our "ice breaker" addressed some of these issues, what are some specific things in your life that you worry about?

Why do you think we worry about these and other things?

How can worry be a form of idolatry?

Do you agree or disagree with the first statement, "The command is simple, 'Do not be anxious about anything.'" Why or why not?

Read the last part of verse 5. What does it tell you about why you must not worry about anything, and what difference does this detail make in your efforts to not worry?

The Alternative (Philippians 4:6b)

What does this verse prescribe as the alternative to your worry?

By what means does this verse state your requests about everything should be made known to God? What does this mean to you?

How is it possible to make these prayers and requests with thanksgiving? What is the mindset that makes thanksgiving like this possible?

How does your circumstance look different when you face it with worry compared to facing it as God prescribes here?

The Promise (Philippians 4:7)

What is the promise of verse 7 linked with verse 6's prescription? What does it mean to you?

What may or may not be obvious in this promise is the lack of a promise that God will give you a quick or easy resolution to the trouble that would otherwise be worrisome. How do you feel about that and why?

How is peace with God a better promise than the promise to a resolution to your worrisome situations?

So what does it look like in real, practical ways this next week to put this prescription in to practice and experience the promise of peace with God?

Jesus in Focus

Where in this study do you see Jesus: Christ-like practices, examples, principles?

What are some other Scriptures that come to mind or are relevant to this chapter's themes, teachings, or emphases?

What is one "take-away" for you from this chapter?