



Small Group Questions | How to Remain C.A.L.M. in an Age of Anxiety

This week we are continuing our series “Real Talk” as we look at an oftentimes familiar passage where the apostle Paul encourages us to be “anxious for nothing.” It’s a phrase many of us have heard, seen on coffee mugs or t-shirts, but many of us don’t really understand what it means or even more importantly how to live it out. In a day and age that is largely defined in therapeutic terms and mental health issues like anxiety and depression are so prevalent, how do we actually become non-anxious? How do we rejoice and hold on to joy in the midst of so much chaos? Today we look at how Paul, a man who was all too familiar with hardship, tells us we too can become non-anxious people in a world of anxiety.

Read **Philippians 4:4-9**.

1. What is your go to response when life gets overwhelming? What ways do you respond when you have something worrisome or troubling coming up?
2. Paul’s life was filled with hardship. **Read 2 Corinthians 11:24-31**. While in a jail cell awaiting sentencing, he writes this letter to the church about joy, and then commands us to rejoice as well. Paul is not ignorant of his situation, he doesn’t deny it, or minimize it, yet he has joy in the midst of it. Why do you think most Christ-followers lack joy in their lives? What keeps you from being more joyful?
3. In **Philippians 4:5** Paul reminds us that the Lord is near. It’s his way of saying don’t forget who is on your side. All of us struggle with different things, but maybe a sin many of us struggle with is our forgetfulness to pray in times of hardship. We talk to friends, counselors, and family members, but we often forget to talk to God. Why do you think that is?
4. In **Philippians 4:6** Paul says be anxious for nothing. Now the feeling of anxiety is not a sin. That may be surprising to some. Anxiety is an emotion. The language Paul uses here is do not dwell in your anxiety – don’t get stuck there and stay there. What ways does Paul list for helping us not get stuck in our anxious feelings? What way have you found most helpful?
5. Joey mentioned listing out your concerns as a way of leaving them with God and setting aside your worries about the future in order to be present to the presence. Have you ever tried something like that? Was that/would that be helpful to you?
6. **Philippians 4:8-9** mentions meditating on things that are true, noble, right, etc. – one of which is Scripture itself. Discuss how Scripture memorization of key passages have been helpful to you in coping with general anxiety.



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7. Paul closes by reminding the church that it is much easier to read a letter, hear a sermon, buy a coffee mug with a Bible verse on it reminding us to “be anxious for nothing,” than it is to actually live it out. Paul says these things are good, but the real good is when we “put it into practice.” What is one practice you can live out this week in order to grow in becoming a non-anxious presence in an overly anxious world.

8. Close in a time of prayer. Pray for strength to put into practice the things you’ve learned from this Scripture passage.