

## Anxious For Nothing

Week 1

# TALK IT OVER

### Key Scriptures:

Let your gentleness be evident to all.  
The Lord is near. Philippians 4:6

**“Good things happen when  
you practice gentleness!”  
~@PaulWingfield~**

Thoughts you have from listening to  
the message:

- Wrap up any discussion from last week.

### Icebreaker

- What is the most humorous COVID meme you saw in the last week that made you laugh? (You can also have people share their desktop on zoom or pop the link in the chat)

### Start sharing. Choose questions that create openness.

- Read Philippians 4:4–8.
- Have you ever known someone who always seemed like they were calm in all situations? What about that kind of response do you most admire?
- Have you ever experienced a time when you were facing a storm in life and you knew God was there with you? How did knowing that change your approach?
- Talk about a time when you felt the storm and didn't wait for God and tried to push through on your own.
- **Read Genesis 15:1; Deuteronomy 31:8; Joshua 1:9; and Isaiah 43:2.**
- Talk about the promises of God in each one?
- **Read Joshua 1:9.**
- Have you ever felt alone in the middle of a difficult time? What does this verse tell us about that?
- Take some time and discuss the power of the statement from the book. *“Before you lash out in fear, look up in faith”.*

### Start praying. Be bold and pray specifically.

*Father help us to learn to trust you more. Father, we know you are always with us. Help us to remember in the middle of the trials of life to turn to you before we respond in fear. Over and over again God you promise that you are with us help us to be constantly reminded of your presence.*

*\*Questions adapted from Max Lucado's "Anxious for Nothing"*

Start celebrating. Revisit action  
item(s) from last week.