

Meditate on What's Good

Anxious for Nothing | Week 4

LEAN IN

1. Share about a time you misunderstood a situation and how you handled it.

LOOK DOWN

Read Philippians 4:4-9

2. What kind of attitude does God want us to have - no matter what the circumstances? (v.7)
3. How do we get better at transforming our minds, being thankful, rejoicing etc.? (v. 9)

LOOK OUT

4. What things in the world make people anxious?
5. What can we be thankful for in the world around us? As Christians?

LOOK IN

6. Name one consistent negative thought pattern in your life.

LIVE IT OUT

7. This week with your group, identify what positive thought you can use to replace the negative one you named.

PRAYER

Pray that you would have a peace beyond all understanding. Thank God for all he has done and taught you throughout this series.