

Life Group Discussion Guide

FIRST CHRISTIAN CHURCH
OVERWHELMED

Philippians 4:4-8

Stuart Jones - November 13, 2016



INTRODUCTION

During the past several months, accusatory and nasty campaign ads created over-the-top anxiety overwhelming many Americans. Daily concerns such as finances, holiday plans, schedules, children and a host of other worries can also easily overwhelm us.

In Philippians 4:4-7 (NIV), Paul explained it this way, "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." As Christians, we should choose to be overwhelmed by God's goodness and His perfect gift of grace.

DISCUSSION STARTER

1. What things tend to cause you the greatest amount of stress? Why?
2. What coping mechanisms do you use to help you work through moments or seasons of stress?

EVALUATE IT

1. Read Philippians 4:4-8. What does it mean to rejoice? How can we rejoice always?
2. What's so important about not being anxious? What are the spiritual and physical effects of unaddressed anxiety?
3. When do you pray about the situations in your life? Do you pray often or only when things get bad?
4. What does "The peace of God transcends all understanding" mean?
5. Why would Paul spend so much time explaining the kinds of things we should think about? Why are our thoughts so important?

MAKE IT PERSONAL

1. What things are you anxious about? How is it affecting how you rejoice?
2. What things keep us from experiencing the peace of God? How do we overcome our hurdles to peace?

ILLUSTRATION

Pierre Teilhard De Chardin, a pivotal Christian thinker of our time, said, "Joy is the surest sign of the presence of God." This Jesuit priest, theologian and anthropologist had a good deal in common with the Presbyterian sages who penned the Westminster Confession of Faith. The bottom line for you and me is simply this: grimness is not a Christian virtue. There are no sad saints. If God really is the center of one's life and being, joy is inevitable. If we have no joy, we have missed the heart of the Good News and our bodies as much as our souls will suffer the consequences.

-Bruce Larson, There's a Lot More to Health Than Not Being Sick



Interested in joining or starting a Life Group?
Contact our Life Groups Minister.

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