

Life Group Discussion Guide

FIRST CHRISTIAN CHURCH
IN EVERY SITUATION

Philippians 4:6-10

Stuart Jones - November 20, 2016



INTRODUCTION

Thanksgiving and Christmas holidays with all their activities and distractions are filling our days but is it a lot different than a week filled with our work schedules, appointments and children's usual array of sports, academic and extracurricular activities? Do we allow any time just to focus on what God has planned for our lives?

During our "busy seasons," we would do well to follow Paul's admonition in Philippians 4:8-9 (ERV): "I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put it into practice." What will you think about each day as you face your busy schedule?

DISCUSSION STARTER

1. What has been your biggest holiday blunder (Griswold moment) to date?
2. Why do you think people get so stressed out during the holidays? What is the source of all that stress?

EVALUATE IT

1. Stuart said, "Fear is legitimate for the vulnerable, pain is a natural consequence of being mortal beings." How is worry different? How does worry hinder our relationship with Christ?
2. Read Philippians 4:6. Why does Paul include "with thanksgiving" in verse 6? Why is that important?
3. Matt Chandler again says, "Thanksgiving and worry can't occupy the same space." Why is that?
4. Read Philippians 4:8. What things do thankful people think about? What are some examples of the things Paul lists in verse 8?

MAKE IT PERSONAL

1. Stuart told us "to worry at God." What keeps you from handing off your worries to God and leaving them with Him while you walk away a little lighter?
2. What practical steps can you take to increase the thanksgiving in your life? How can that become your kryptonite for worry?

ILLUSTRATION

"Thanksgiving and worry can't occupy the same space. Thanksgiving is worry's kryptonite. You can't worry if you're giving thanks. When we go to God with our supplication and thanksgiving, our worry and anxiety flee like roaches when the lights come on. Something else takes their place."

-Matt Chandler

"Worry does not empty tomorrow of sorrows; it empties today of strength."

- Corrie Ten Boom



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

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