

## **“Anxious for Nothing” Series : Week 2**

### **Life Group Discussion Questions**

- #1. Last week’s message centered on these two pillars – *trusting in God’s goodness* and *trusting in God’s control*. Quickly review – How do these two strategies help us handle our anxieties?
- #2. Steve said, “*If it’s big enough to worry about, it’s big enough to pray about.*” But take a look at culture – are people *really* praying? How do you see most people dealing with their anxieties?
- #3. A vehicle’s “check engine” light and our personal anxieties are strikingly similar, as both indicate a deeper issue. What deeper issues does anxiety typically point to for you?
- #4. Grab your Bible or pull up the YouVersion Bible App on your phone and read **1<sup>st</sup> Peter 5:6-9** together. After you read it, explore these two questions:
- : How can giving our worries to God help us resist the work of the enemy? Does it really work?*
- : When we struggle, why is it helpful to think of what other Christians around the world are facing?*
- #5. Several times in the weekend message we heard this phrase – “*If it’s on your mind, it’s on God’s heart.*” Do you realize how much God cares? How does that thought encourage you?
- #6. Have someone read **Philippians 4:4-8** out loud for your group. After that’s happened, read this [verse 6] out loud together:
- “Do not be anxious about anything, but in every situation, by **prayer** and **petition**, with thanksgiving, present your **requests** to God.” [Philippians 4:6]*
- : It’s pretty crazy, but the guy who wrote this verse was in prison when he wrote it. In what ways does knowing that influence the way you think about the Apostle Paul’s call to prayer?*
- #7. OK, let’s share some ideas. How can we move our prayers away from a time of general overview to a time of more focused requests? What practices tend to work best for you?
- #8. In **Mark 10:46-52** [yep, go ahead and read it], Jesus heals a blind man. But before he does, he asks the man, “*What do you want me to do for you?*” Why do you think Jesus asked him that, and what lessons are in there for us as we consider the ways in which we pray?
- WRAP IT UP** ... As you close, go around the circle and share specific requests with each other. And if you haven’t yet done so, get a group text, email, or GroupMe account started in order to give prayer updates and encourage each other until your next scheduled Life Group gathering.