

FACING ANXIETY

(Philippians 4:4-9; Mathew 6:25-34)

Central Idea: *The Bible not only discourages anxiety but also gives us a way to counteract anxiety.*

I. Philippians 4:4-9.

II. Matthew 6:25-34.

II. Anxiety results from worrying about circumstances beyond our ability to control.

Questions for Group or Personal Study

1. Read Philippians 4:6-7. Why does Paul encourage us to pray with Thanksgiving when we face anxiety?
2. Sometimes we pray to God more like He's our boss than our Heavenly Father. Why do we sometimes struggle to pray honestly and openly before God?
3. Read Philippians 4:8. What are some ways you can fill your mind with material that matches Paul's criteria?
4. What material do you need to *stop* filling your mind with? (Answers could include: too much news, bad television shows, worthless books, social media, etc.)
5. What things are causing you anxiety right now? How can you proactively replace those anxious thoughts with thoughts that are commendable, excellent, pure, etc.?

Community Bible Church
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This outline is provided to assist you in understanding and applying today's message. "Facing Anxiety." This message can be watched, listened to or downloaded at cbcomaha.org. You may also stream and download CBC podcasts from itunes or google play.