

Anxious for Nothing: Finding Calm in a Chaotic World

After watching Session 1: Rejoice in the Lord Always

Take a few minutes with your group members to discuss what topics stuck out to you the most as you watched the video session & explored the Scriptures.

1) Stress-related ailments cost the United States billions of dollars every year. Why do you think the nation leading much of the world in infrastructure, education, democracy, and more is also leading the world in anxiety? Why would Americans suffer from anxiety more than people of lesser developed countries?

2) Scripture includes many verses that can bring comfort and peace to the worried heart. Read Psalm 56:3; Matthew 6:25–34; and 1 Peter 5:6-8. What prescription does each passage give for anxiety?

3) How does the world teach us to cope with anxiety? How does the world's solution for anxiety differ from God's solution?

4) Read 2 Corinthians 11:23–28 aloud. What trials did Paul face?

Now read 2 Corinthians 12:1–10, where Paul talks about a constant trial God would not take away. What is God's response to Paul's prayer in verse 9?

How does God display his strength when we are feeling weak or anxious?

5) If you want to rejoice in God regardless of your circumstances, it is crucial that you learn to trust in his sovereignty. What prevents you from trusting in the sovereignty of God?

How does trusting in God's sovereignty affect the way you perceive life's trials?

Close in Prayer

Key Scriptures for reflection:

Philippians 4:4

Psalm 56:3

Matthew 6:25-34

1 Peter 5:6-8

2 Corinthians 11:23-28

2 Corinthians 12:1-10

Habakkuk 3:17-19

Isaiah 45:9-1

Anxious for Nothing: Finding Calm in a Chaotic World

After watching Session 2: Let Your Gentleness Be Evident to All

Take a few minutes with your group members to discuss what topics stuck out to you the most as you watched the video session & explored the Scriptures.

- 1) Read aloud Exodus 3:7–12. What fear does Moses express to God in verse 11? How does God respond in verse 12? Does God's response answer Moses's question directly, or is there a deeper fear God is addressing? Explain.
- 2) Again and again throughout his Word, God promises to be with us. Think about a time when God's presence calmed you in the middle of a storm. How did God's presence change you emotionally, spiritually, and/or physically?
- 3) Paul says the key to finding gentleness is believing that God is near. However, just like Jesus' disciples, we easily forget he is with us and waiting to help us. What are some things that prevent you from not only knowing but also believing God is near? When have you, like the disciples, faced a trial and took actions into your own hands before turning to the Lord?
- 4) Have three group members read passages aloud: Galatians 5:22–25; Philippians 2:13; and 2 Peter 1:3. What promise is given in each of these verses? According to these promises, where is your source of calmness? How does this alleviate the burden to conjure up calmness on your own?
- 5) Jesus tells us there will always be troubles in life. But we have the choice to respond to those troubles with gentleness or with frustration. Considering the biblical promises just read, what specific steps can you take to respond calmly instead of react sharply when anxieties weigh heavily on your shoulders?

Close in Prayer

Key Scriptures for reflection:

Philippians 4:5
Exodus 3:7-12
Genesis 15:1
Deuteronomy 31:8
Joshua 1:9
Isaiah 43:2
Galatians 5:22-25
Philippians 2:13
2 Peter 1:3

Anxious for Nothing: Finding Calm in a Chaotic World

After watching Session 3: Present Your Requests to God

Take a few minutes with your group members to discuss what topics stuck out to you the most as you watched the video session & explored the Scriptures.

1) Read aloud the beginning of the story of Peter walking on the water in Matthew 14:22–24. Why do you think Jesus didn't go with his disciples in the boat? What was Jesus doing while the disciples were gone (verse 23)? What does this verse teach about the importance of prayer?

2) Peter's prayer to Jesus as the waves tossed the boat was not eloquent. It was simple, direct, even desperate. Read Luke 18:9–14. According to this parable, what kind of prayer is heart-honoring to God?

3) In Philippians 4:6, Paul tells us to pray “with thanksgiving.” Throughout his New Testament letters, he continually lists blessing after blessing God has lavished upon us, giving us reasons to always be thankful.

Read the following verses aloud: 1 Corinthians 15:51–56; Ephesians 2:1–7; and 1 John 3:1–2. According to these verses, why can we be thankful in any circumstance?

7. Read Philippians 4:11–13. How does Paul say he is able to find contentment in all things (verse 13)? What area or circumstance in your life do you find yourself complaining about most?

How can you apply Philippians 4:13 to your life so that you, like Paul, can find a reason to be grateful in every circumstance?

Close in Prayer

Key Scriptures for reflection:

Philippians 4:6

James 5:13–16

Matthew 14:22–36

Luke 18:9–14

Matthew 7:7–8

John 14:13–14

Psalms 91:14–16

Anxious for Nothing: Finding Calm in a Chaotic World

After watching Session 4: The Peace of God Will Guard Your Heart

Take a few minutes with your group members to discuss what topics stuck out to you the most as you watched the video session & explored the Scriptures.

1) Read John 14:27 aloud. What is the difference between the “peace” the world gives and the peace God gives?

2) God never promises we will live a storm-free existence. The Bible is full of stories about storms and how to face them. Take a moment to read Matthew 8:23–27. How does Matthew describe the ferocity of this storm in verse 24? What is Jesus doing during the storm? What is Jesus' response to the disciples' fear (verse 26)?

3) In Acts 27:23, Paul tells his fellow shipmates, “Last night an angel of the God to whom I belong and whom I serve stood beside me.” There are three promises we can gain from these words. The first promise is that God will send his angels to help you during life's storms. Read Psalm 91:11-12; Matthew 18:10; and Hebrews 1:14. What is the promise of each of these verses? How do these verses bring you peace? How do they influence your awareness of the supernatural reality that surrounds you?

4) The second promise is that you belong to God. Paul describes God as the One "to whom I belong." Read Psalm 100:3; Isaiah 43:1; and 1 John 3:1. What is the key promise of each of these verses? How does remembering this promise bring you comfort when you consider the storms of life?

5) The final promise is that God has a heavenly mission for your life. Read Matthew 22:37–39; 28:19; John 15:16; and Ephesians 2:10. According to these verses, what has God called you to do?

Close in Prayer

Key Scriptures for reflection:

2 Chronicles 20:1-12

Philippians 4:7

Matthew 22:37-39; 28:19

John 15:16

Ephesians 2:10

Galatians 5:22-25

Anxious for Nothing: Finding Calm in a Chaotic World

After watching Session 5: Meditate on These Things

Take a few minutes with your group members to discuss what topics stuck out to you the most as you watched the video session & explored the Scriptures.

- 1) Read Romans 8:6 aloud. What does this verse say our minds have the power to do? In The Message paraphrase, this verse reads: “Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.” What type of thoughts specifically lead to a “dead end”? What thoughts lead us to a “free life”?
- 2) Read Romans 12:1–2; 2 Corinthians 10:5; and Ephesians 6:14. What does each verse ask us to do so that our thoughts are not dominated by anxiety? What are some ways we can live out these commands in our everyday life?
- 3) Read aloud Jesus' words in John 15:1–8 (or have a volunteer do so). One of the best ways we can think on things that are true, noble, right, pure, lovely, admirable, and excellent is by attaching ourselves to the One who embodies truth, nobility, righteousness, purity, love, and all things good and excellent. What does it mean to abide in Christ? Who or what do you find yourself abiding in more than Christ? How can you attach yourself to Christ more than the people and things of this world?
- 4) Jesus says, “If you remain in me and I in you, you will bear much fruit” (John 15:5). What are the fruits we produce when we remain in Christ? (See Galatians 5:22–23.)
- 5) Our goal is not to bear fruit but to stay attached to Christ. What is the difference between these two goals? What is the consequence of focusing on bearing fruit instead of focusing on staying attached to Christ? How have you seen this unfold in your own faith journey?

Close in Prayer

Key Scriptures for reflection:

Philippians 4:8
Mark 5:24-26
Galatians 6:7
2 Corinthians 10:5
Mark 5:33-34
John 15:4
John 15:8
Matthew 26:39
1 Timothy 6:15
Matthew 7:7