

## SERMON-BASED STUDY: NO WORRIES

*Philippians 4:4-7, ESV* – <sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

### Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

### ENGAGE WITH THE MESSAGE

- 1 This week, we were reminded to rejoice in the "Who", not the "what." How does the "what" get in the way of rejoicing in the "Who"? How can we avoid this pitfall?
- 2 How can we better recognize the presence of God on a regular basis?

3 What does it mean to rest in peace? What gets in the way of you resting in peace?

## DIGGING DEEPER

**A** **Hebrews 4:15-16, ESV** – <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

4 The writer of Hebrews presents Jesus' ability to sympathize with our weakness as a comfort to us. How does this comfort you specifically?

5 The term "throne of grace" reflects a fine balance between the reverent fear of God and being accepted by Him. Discuss the implications of this balance.

6 Do you ever feel like you need to reach a certain level of 'goodness' before you can come to God in prayer? How does Hebrews 4:16 address this feeling?

**B** **Psalms 37:5-9, ESV** – <sup>5</sup> Commit your way to the LORD; trust in him, and he will act. <sup>6</sup> He will bring forth your righteousness as the light, and your justice as the noonday. <sup>7</sup> Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! <sup>8</sup> Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. <sup>9</sup> For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.

7 Looking at the passage above, the psalmist exhorts his readers to "fret not." What does it mean to fret? How is fretting similar to worrying? How is it different?

8 Where is our focus when we fret and worry? Why is this 'unhealthy' for our minds and bodies?

- 9 Looking at verses 5 and 7, specifically, we read what we are to do instead of fretting and worrying. How can we practically incorporate these things in our own lives?

## TAKING IT HOME

When it comes to our minds and our thinking, we must give it to God and trust Him no matter what. What areas of your mind and thinking do you trust God with? What areas do you find yourself struggling to trust God with? What next steps do you need to take to worry less and trust in God more? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to worry less and trust Him more. Spend time this week rejoicing and resting in Him.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

Acts 16:16-40  
Romans 8:5-6  
2 Corinthians 4:7-9, 10:4-5  
1 Peter 5:6-7