

CANYON HILLS COMMUNITY CHURCH

# LIFE GROUPS



## Anxious for Nothing – Philippians 4:6-9

July 21, 2024 Pastor Koby Orr

### **START TALKING | *Get your group thinking.***

1. What is it in your life that causes you to worry and have the most anxiety?

### **START SHARING | *Get your group engaging with the message.***

Read Philippians 4:6-9

2. To “be anxious for nothing” is a command and not a suggestion. What does it mean when we are anxious and what help are we given when we are tempted to be anxious? See 1 Corinthians 10:13.
3. Read 1 Peter 5:7, Matthew 26:39, and Ephesians 3:20. What are the three ways Pastor Koby said we are called to bring all our anxieties to God in our prayers?
4. Pastor Koby said, “A Christian is never without reason for gratitude.” For what things did he remind us that we need to thank God? See Philippians 4:4.
5. Read vs. 8 again. What should we be setting our minds upon and how are we to do that?

### **START LIVING | *Get your group applying God’s Word to daily life.***

6. Pastor Koby said, “... we have to choose daily where our thoughts will go.” Describe the truth we’re reminded of in each of the following passages. Which of these apply to you? Why?
  - a) 1 Corinthians 10:13
  - b) Romans 8:28
  - c) 1 Peter 5:10
  - d) Philippians 4:19
  - e) Psalm 139
7. Read vs. 7 and 9 again. How will you put these things into practice in your life and how can your Life Group help you do that?