

GROUP WEEKLY GUIDE

TEACHING NOTES | ADULTS | YOUTH | CHILDREN

SEPTEMBER 13, 2020

TEACHING NOTES

ANXIOUS FOR NOTHING
PT. 2: ATTACKING ANXIETY

THE ENEMY OF ANXIETY

- PHILIPPIANS 4:4-5 (NIV), *Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.*
 - Joy is a _____ more than a _____.
 - Anxiety is being _____.
 - Anxiety is the enemy of Joy.

ATTACKING ANXIETY

- PHILIPPIANS 4:6 (NIV), *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*
 - Attack Anxiety by _____ and _____.
 - God can handle your _____.
 - Attack Anxiety with _____.
 - Thanks anticipates God's _____.
- Verse 7: *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*
 - Peace: Hebrew "Shalom" means "_____."
 - Guard: Roman garrison around a city.
 - Heart & Mind: _____ and _____.

COMMUNION DISCUSSION: Communion reminds us that Jesus' death and resurrection made peace (Shalom / wholeness) between God and us.

1. Reflect: What anxiety, worry or fear are you or those you know facing?
2. How might Jesus' victory over death, forgiveness of sin and promise to be near impact the anxiety, worry or fear?
3. Pray: Thank God for what He has done in your life / lives of those you know. Thank Him for the fact that He will take care of your situation.

ADULT GROUPS

For each of the following questions, answer together if in a group or write in a journal if doing it individually. For more details on each of the questions, go here <https://tinyurl.com/gotoDBS>.

We are back in the book of Philippians again for part two of our series “Anxious For Nothing.” This week, our study comes from the text that gives our series its name. Let’s look together in our groups this week and dive into Philippians 4:4-7.

SHARE AS A GROUP

1. Thankfulness: What is something you’re thankful for that happened this past week?
2. Challenges: What challenges are you facing?
3. Assistance: How can the group (or those you’re in contact with) help with those challenges?
4. Accountability: How did you practice and share with someone what you read last week?

STUDY AS A GROUP

1. Read Philippians 4:4-7. Re-read it in a different version, re-tell it in your own words, and write down any parts that really stuck with you.
2. What did you learn about God from this passage?
3. What did you learn about people from this passage?
4. How can you put the passage into practice? “I will...”
5. Who needs to hear about what you learned from this passage? “I will tell...”

PRAYER

1. Give thanks for everything listed in Share Q. 1
2. Ask God to help with everything listed in Share Q. 2
3. Ask for a greater understanding of what you read in Study Q. 1
4. Ask for courage to do the things listed in Study Q. 4-5

MIDDLE & HIGH SCHOOL

ICE BREAKER

Share an example of something that is “easier said than done.” It could be a well-intentioned piece of advice that has been offered to you by a loved one, or even instructions shouted at you by a coach from the sidelines during a game. Anything that makes you think: “Sure, it sounds easy, but...”

GROUP DISCUSSION: Philippians 4:4-7

1. Use parts 1, 2 and 3 of the DBS steps listed in the adult group section above.
2. Discussion Sparking Questions in the event that your group is not responding well.
 - *“What did you learn about God from this passage?”*
 - What does it mean to rejoice in the Lord?
 - What does Paul’s instruction for us to pray “with thanksgiving” over the things that stress us out tell us about the attitude God seeks for us?
 - How do verses 6 and 7 break down for us the ways in which God is the God of peace?
 - *“What did you learn about people from this passage?”*
 - Do you think Paul’s instructions are so deliberate because people are naturally inclined to do the opposite of these things? (i.e. fall into despair, complain, experience inner turmoil, etc.)
 - The first two verses provide guidance for us to follow, but the last verse describes the benefit received by following these practices. How would you explain the idea of “the peace of God” “guarding your hearts and minds”?
 - What sorts of obstacles to “[rejoicing] in the Lord” do you think people are experiencing right now?
 - *“How can you put the passage into practice? ‘I will...’”*
 - In verse 6 Paul says “with thanksgiving” when explaining how to bring our needs to God. In what way can you be more thankful in the midst of your stress?
 - What is a simple step you could take today to begin shifting from an attitude of despair, stress, and anxiety towards a mentality of rejoicing?
 - *“Who needs to hear about what you learned from this passage? ‘I will tell...’”*
 - Who, outside of your family, do you expect to have an interaction with later this week and what would it take for you to bring these truths into your conversation?

PRAYER

1. Give thanks for everything listed in Share Q. 1
2. Ask God to help with everything listed in Share Q. 2
3. Ask for a greater understanding of what you read in Study Q. 1
4. Ask for courage to do the things listed in Study Q. 4-5

CHILDREN

SING

- I've Got the Joy Down in My Heart (all) <https://www.youtube.com/watch?v=imK7pAMf61E>
- Rejoice in the Lord always (all) <https://www.youtube.com/watch?v=hzyckxqXoZ4>
- Don't Worry! (elementary) <https://www.youtube.com/watch?v=aQ-3-qOnEfg>

WATCH: (Multiple options)

1. Continue RightNow Media "Where Does Joy Come From? Philippians" // episode 11
2. (Ages 3-7) A puppet lesson <https://www.youtube.com/watch?v=Y31SXY-amuc>
3. (Ages 8-11) Don't Flip Out! <https://www.pursuegodkids.org/dont-worry-about-anything/>

READ: Philippians 4:4-7: Memorize verse 6

BIG PICTURE QUESTIONS Worry + Prayer = Peace and Joy

Preschool:

- Who made our bodies? Who made our feelings (sad, happy, mad, etc.)? God did!
- When we are so happy OR when we want to cry, God is with you and cares for you.
- This week try talking to God about what makes you happy and what makes you sad or mad, and thank him for listening to your prayers.
- Also, this week, let's practice gentleness by
 - Not breaking things
 - Using kind words
 - Not hurting someone

Elementary:

- What makes you flip out and worry? Does that feel good or tough?
- What does God want us to do when we worry? Why?
- This week I will talk to God about _____ and thank him for listening.
- I will also practice being gentle by
 - Speaking nice words
 - Giving someone a hug
 - Letting someone go ahead of me in line
 - Not breaking or dropping my toys

PRAY

Dear God, Thank you for creating us to have emotions. Thank you for the Bible that tells us what to do with our emotions. When my heart starts to worry about something, help me to remember I can talk to you about it in prayer. Help me also to be gentle with things and people that love me. I don't want to hurt anyone's feelings or cause them to worry about me. Thank you for the peace you give us because of Jesus. You are an awesome God! Amen.

ACTIVITIES

1. Check out the Preschool and School-Age activities here!
<https://www.focusonthefamily.com/parenting/the-strength-of-gentleness/>
2. Write or doodle the word 'PEACE'. Tape it to your mirror or bedroom wall to remind you God gives us peace.