



# Anxiety Driven Prayer

Pastor Jeff Bucknam | Philippians 4:6–7

## Ice Breaker

Name one thing you're currently worried about or feel anxious about, and how do you usually deal with those feelings?

## UNDERSTAND THEIR STORY (Studying the context)

What areas of stress and anxiety was Paul facing when writing to the Philippians?

## CONNECT TO HIS STORY (Connecting to the Gospel)

What did Paul mean in verse 5 saying, "The Lord is at hand?" How does this impact your sense of anxiety or peace?

What does it mean to you that this peace is found "in Christ Jesus"? How does your identity in Christ influence your ability to experience peace?

## APPLY TO OUR STORY (Living the truth out)

Why is it important to pray in "everything" and not just when we're feeling anxious? How does this mindset change the way we approach life?

Is there a scripture that you can begin praying over your life or situation? Example: struggling with unforgiveness. Pray Ephesians 4:32 "be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you"

## Accountability

What is the thing that makes you worried? Pray as a group for that thing.

## Parenting Moment

Take a moment to ask your children what they feel nervous or anxious about. Take a moment to teach your children how to bring these topics to Him with thanksgiving.