

## Handle with Care

“ How to Find Relief During Anxious Times - Part 3 ”

1. Look for the Good in Every Situation v. 4-6

2. Pray Throughout the Day v. 7



# Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

## HOW DO I JOIN A GROUP?

To learn more or join a group, visit [pacificcoastchurch.org/gg/](http://pacificcoastchurch.org/gg/) or sign up at the patio Info Kiosk.

### Point #1

- Read Philippians 4:4-6a. What did Paul command the Philippian church to do given his current situation in jail?
- How does "in the Lord" apply? In what way does Philippians 4:12-14 relate and highlight the truth of Point #1?
- Why is Pt. #1 important when struggling with anxiety? Demonstrate how you will apply Point #1 to your current struggle.

### Point #2

- Read Philippians 4:6-7. What action step does Paul recommend to the anxious Philippian church? Why?
- In what way does Point #2 provide a guarantee? Explain the 3 components that should be included in Pt. #2. Why?
- Take some group time to apply Pt. #2 either silently or out loud. How can the group keep you accountable to Pt. #2?

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## Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at [pacificcoastchurch.org/sermons](http://pacificcoastchurch.org/sermons).

### **MONDAY // Read Matthew 6:25, 30b-31a, 33-34**

- By way of review, what four primary truths did Jesus present about anxiety? (Hint: choice, refocus, active, etc.)
- Explain how these truths, if consistently applied, will ultimately bring relief. Be specific.
- Which specific truth has personally been helpful to you? Why? What has this revealed to you about your anxiety?

### **TUESDAY // Read Philippians 4:4-6a, 1:6, 12-14, 18b-19, 4:13-14, 18b-19**

- Why does Paul tell the Philippian church to "rejoice" two times while he is sitting in a Roman prison?
- How did Paul's perspective prevent him from becoming anxious? In what way does this relate to seeing the good?
- What are you currently anxious about? Be specific. What is good about your situation? Why is this important to see?

### **WEDNESDAY // Read Philippians 4:4-6a, Matthew 6:25-30**

- What action step did Jesus tell His audience to do if they were struggling with anxiety? Be specific.
- What action step did the Apostle Paul tell his audience to do if they were struggling with anxiety? Be specific.
- In what way were Paul and Jesus saying the same thing? How does this help you with your current struggle?

### **THURSDAY // Read Philippians 4:6-7, Colossians 4:2, Romans 12:12, 1 Peter 5:6-8**

- What did Paul say was the secret to finding relief during anxious times? What does he guarantee (c.f. Phil. 4:7)?
- In what way is this essentially the way for Christians to medicate their anxious thoughts? Be specific.
- Why does this need to be consistent in order to be effective? How will you be more consistent in prayer?

### **FRIDAY // Read Philippians 4:6-7**

- What three components should be included when praying about your anxiety? (i.e., supplication, requests, etc.)
- In what way does each component balance out your prayer time with God? What can happen if this is overlooked?
- Take some prayer time right now to apply these truths. When you're done describe your experience & how it helped.

### **SATURDAY // Read Philippians 4:4-7**

- Given Paul was in prison when he wrote the letter to the Philippians, how does this bring you hope?
- As you review this week's scripture, what insights has God given you regarding your specific situation?
- How does this translate to the practical steps you will take and consistently put in place? Be specific.

**MEDITATION VERSE:** <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. **Philippians 4:6-7**