

**“Winning the Battle Over Worry!”
(Philippians 4:6-9)**

We certainly have had plenty to worry about in recent days with so much change and uncertainty. Worrying doesn't solve tomorrow's problems, but it robs us of today's peace and strength. The Bible tells us plainly to “stop worrying” and gives us the winning strategy to have victory over the sin of worrying. We can have this victory by. . .

RIGHT PRAYING (6-7)

- The **PATTERN** of Right Praying (6)

- The **PROMISE** of Right Praying (7)

RIGHT THINKING (8)

- The **CHARACTER** of Right Thinking (8a)

- The **COMMAND** for Right Thinking (8b)

RIGHT DOING (9)

- A **CONTINUAL** Practice (9a)

- A **CONFIDENT** Promise (9b)

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Small Group Discussion Guide

Icebreaker: Paul encourages his readers to follow his example in Phil 4:9. Share about someone who has been a helpful example to you in your Christian walk.

1. What is the difference between having a proper concern and worrying? Why are we so prone to worry?
2. Why is not just praying needed, but “**RIGHT praying**” is needed to have victory over worry?
3. Do you believe the promise of Phil 4:6-7? Share about a time that you applied these verses and experienced God's peace in your heart.
4. What are some practical ways we can obey the exhortation of Phil 4:8? Why is it so important to guard our thinking?

Small Group/Family Prayer Time

Share some things you have worried about over the past week or two, and things you might still be tempted to worry about. Pray specifically about these matters **AFTER** a time of praise and thanksgiving to the Lord.

Digging Deeper

1. Let Phil 4:6-9 get into your heart this week by reflecting on a portion of it each day.
Monday & Thursday – reflect upon Phil 4:6-7 and try to memorize
Tuesday & Friday – reflect upon Phil 4:8 and try to memorize
Wednesday & Saturday – reflect upon Phil 4:9 and try to memorize
2. Identify something that you are worried about, and write out an answer to these three questions: 1 – What is the problem? 2 – What does God want me to do about it? 3 – When, where, and how should I begin? Then, get busy with the work God wants you to do!
3. What do these verses teach about having a secure mind?
Is 26:3; Mat 22:37; Acts 17:11; 20:19; Rom 8:5-6; 12:2; 1 Cor 1:10; 2 Cor 10:5; Eph 4:23; Phil 2:2-3,5; Col 3:12; Heb 12:3; Jas 1:8; 4:8; and 1 Pet 1:13.