

LifeGroup Questions – LifeHacks #2
Philippians 4:6-9 – The Battle for Peace

1. When you read commands/challenges like Matthew 6:25, Luke 12:25-26 and the Philippians 4:6 (*Don't be anxious about anything...*), what thoughts come to mind? No problem I'm not a worrier... That's crazy, no one can do that... or...?
2. Anxiety and worry hit all strata's of culture for different reasons but the research suggests that Millennials and GenZ are the most anxious generations in history. Why do you think that is? What can we as parents, grandparents and mentors of do to help the generations to come be less anxious?
3. Dan talked about three sources of worry, "what-if worry" (creatively imagining the worst endings to every story) "entitlement anxiety" (I deserve it and I'm worried if I don't get it) and being "anxiously inadequate" (realizing that life is broken but thinking I should be able to fix every broken thing). Which one do you struggle with the most? Are there other sources of worry/anxiety for you?
4. Read Philippians 4:6. The first two anxiety-hacks were "prayer about everything" and "practice gratitude." Which of those hacks connected with you the most? Why? Why is gratitude such an antidote to worry? What makes it difficult for us to be grateful?
5. Read Philippians 4:8-9. The second two anxiety-hacks were "change your thinking" and "don't walk alone." What is the greatest barrier to changing your thinking? Is there someone whom God might be calling you to walk with in their anxiety and worry?
6. Read Philippians 4:7. Dan talked about the difference between peace (absence of crisis) and shalom (presence of Christ). How was that distinction helpful for you? How might it change the way you battle anxiety? Do you have an example of a time when "peace that transcends understanding" guarded your heart?
7. What was your primary takeaway from Philippians 4:6-9? Where is God calling you to lean what you heard and learned?

