

Facilitator:

1. Open with Prayer
2. Welcome any newcomers
3. Give a five-minute review of the sermon using Peppy's sermon notes.

Facilitator:

Please don't feel you have to cover every question. They become increasingly deeper and more thoughtful toward the end. It may help to highlight questions you want to be sure to cover, depending on the dynamics of your group and the time available. Try to keep your discussion to an hour and a half at the most.

CONNECT Group study questions, Philippians 4:4-7

Title: Prayer

Facilitator: Read Philippians 4:4-7. *Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

Question: These days of heavy rains and flooding are more likely to create anxiety than rejoicing. But "rejoice" is the command, and "always" doesn't make an exception for high water. Share with the group some of the thoughts you may have had over the past few days. Were they mostly anxious thoughts or thoughts of rejoicing?

Question: Right after telling us to rejoice and before he tells us, don't be anxious, Paul tells us to let our gentle spirit be known to everyone. What reason do we have to show a gentle spirit and to rejoice in the midst of anxiety? **Facilitator:** Point out the statement: *The Lord is at hand* as the reason we can rejoice in every circumstance.

Question: I think everyone of us has moments of worry, and for some worry is a lifestyle. What is your first reaction when you become anxious? Bite

your fingernails? Grow ulcers? Become fatalistic, as in “What will be, will be”? Or do you turn to prayer and supplication?

Question: Peppy mentioned four words in verse 6:

Prayer, which has to do with you recognizing how big God is. He is so much bigger than your problems and worries.

Supplication, which is you confessing how small you are and how much you need God to help you with your worries.

Thanksgiving, which is you giving thanks for any circumstance you might find yourself in.

Request, which is you giving God a specific detailed request of what you want.

Which of these four words do you find most difficult to do and why?

Question: Share with the group some of the so-called “monsters” you have in your closet. These are the things that cause you to be anxious. Talk about a time when after praying, you experienced God's supernatural peace.

Meditation: We have a great promise in this passage, but it is conditional. If we let our requests be made known to God, He will guard our hearts and minds in Christ Jesus. Take some group time to pray over some of your group's worries and concerns. Make your requests known in prayer as the Lord leads you. Allow Him to give you the supernatural peace He promises.