

Facilitator:

1. Open with Prayer
2. Welcome any newcomers
3. Give a 5-minute review of Peppy's sermon

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.

**Announcements:**

Parent forum: "Social Network Safety"- Speaker Joe Ryan will be educating parents about social network safety on September 20 at 6:30 in CCC Sanctuary

**CONNECT Group study questions for September 11, 2016**

**Title: Anxiety Alert!**

**Facilitator:** If possible, play for the group the Bobby McFerrin song, "Don't Worry, Be Happy."

**Read** Philippians 2:5c-7—*The Lord is at hand; do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus.*

**Children's Questions:** What things makes you nervous or afraid? Who do you like to talk to when you are afraid or worried about something?

**Question:** Where were you the morning of September 11, 2001? How did you first hear of the attack on the Twin Towers in New York City, and what were your first thoughts? Did those first thoughts turn into anxiety and worry?

**Read:** Matthew 6:25-34 *"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon*

*in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."*

**Question:** According to Matthew 6:25-34 why does it make no sense to worry? How does anxiety affect us physically and spiritually? How will we get what we need if we don't worry?

**Question:** The "Don't Worry, Be Happy" song above fails to answer the complaint: "But I can't help it. I try not to worry, but anxiety just overwhelms me." Our passage in Philippians tells us how to be rid of anxiety and worry. What are the four, key words to overcome worry? **Facilitator:** They are Prayer, Supplication, Thanksgiving, and Requests.

**Question:** Review Peppy's four steps to victory over anxiety and answer:

1) Just how big is God?

2) How small are you, and if you are so small, why would God care about your needs? **Facilitator:** Refer to Matthew 6:25-34 once more for answers.

3) For what are you thankful, and whom do you thank?

4) What specific requests do you have to make known to God?

**Question:** When we follow the four steps in prayer, can we expect an instant answer to our requests, or at least an immediate relief from our anxiety?

**Prayer:** Following Peppy's four steps to victory over anxiety, pray as a group, describing God's greatness, your spiritual and physical poverty without Him, your gratitude for His care, and bring the requests of members of the group to the Lord.