

Life Group Discussion Guide

A life group is a formational community that gathers regularly to care, learn, and pray together. These questions may form the basis of your conversation and are designed to help participants listen and respond to God through personal and scriptural reflection, as well as stirring an imagination for how to practice the way of Jesus.

Groups are encouraged before beginning to have a moment of prayerful stillness, collecting your scattered attention to God, and then if helpful to connect with one another through a conversation starter question.

Questions

1. When is the last time you felt anxious about something? What did you do, if anything, about it? How do you normally deal with anxiety when it comes?
2. How would you define anxiety? Read Matthew 6:25-34. How does Jesus define anxiety or worry in these verses?
3. What does Jesus say about *how* we should deal with worry/anxiety?
4. Read Philippians 4:4-9. In what ways is rejoicing an act of defiance rather than denial? How can you practice that this week?
5. When you think of the word “gentleness” what comes to mind? Who is someone who exemplifies this in your life?
6. How does gentleness relate to being a non-anxious presence? Do you agree that as followers of Jesus this could be one of the most important things we could model today? Why or why not?
7. How can we become a more non-anxious person or community?
8. Where in your life do you most need to experience the truth that ‘The Lord is near’?
9. Think of one recurring worry in your life. How could you apply v. 6 to that (name, replace, thank)?
10. What is “peace” according to the world? What is peace according to Jesus? Do you regularly experience this peace? If not, why do you think that is?
11. Which part of Paul’s Philippians 4:8 filter (true, noble, right, pure, lovely, admirable, excellent, praiseworthy) do you most need this week? How will you implement it into your way of thinking?
12. Where do you sense the Holy Spirit nudging you to take one small, practical step toward renewing your mind this week?