



# 3-Give It Away

Philippians 4:4-7

1. What insight, principle or observation from this week's message did you find to be most helpful, eye opening or troubling? Please explain.
2. What gets you anxious? Was there a time or season in your life where you were extra anxious? How can anxiety lead a person to self-destruct (if you have a personal story and are willing to share your own struggle, be vulnerable and share it)?
3. How does telling someone "just stop it" not help when they are struggling with anxiety?
4. Read Philippians 4:4. Paul started tackling anxiety by calling us to rejoice. Can a person rejoice and be anxious at the very same time? How might joy (rejoicing) help in pushing out anxious thoughts?
5. Closely tied to rejoicing is gratitude and thankfulness. Since its thanksgiving weekend, what 5 things are you especially thankful for right now?
6. Verse 4 says, "rejoice in the Lord." What are your "10-character traits of God"? Or, which card or two did you take Sunday that speaks to your anxiety? How does rejoicing in the Lord in those ways alleviate anxiety for you?
7. Read verse 5-7. What else in this passage is helpful or encouraging in regard to fighting off anxious thoughts? How can you cast your cares and anxiety onto God through prayer?
8. Pray together.