

Peace in an Anxious World Discussion Questions

Read Philippians 4:6-7

Paul writes "Don't worry about anything" from a prison cell. Why does his context matter when we read this command? How does it affect the way you hear these words?

The sermon described the Greek word for worry (*merimnaō*) as being "pulled in different directions" or "mentally fragmented." Where do you feel that pull most in your current season of life?

Paul doesn't just say "stop worrying" — he gives a replacement: "instead, pray about everything." What's the difference between simply trying to stop worrying and actively redirecting that energy into prayer? Why does the replacement matter?

Verse 7 says God's peace "exceeds anything we can understand." Can you describe a time when you experienced peace in a situation that didn't logically make sense? What was that like?

The word "guard" in verse 7 is a military term — it means to garrison or stand sentinel. What does it practically look like for God's peace to *guard* your mind? What does it look like when that guard is *not* in place?

Jesus fought temptation in the wilderness by speaking Scripture — "It is written..." every time. Why do you think we so often try to fight anxiety with willpower instead of truth? What makes Scripture a more effective weapon?

We need to turn every anxious moment into a sentence of prayer this week: "*God, I'm giving this to You. I trust You with this.*" What specific situation or recurring worry would you need to hand over first? What makes that one hard to release?

Proverbs 12:25 says worry weighs a person down. What are you currently feeding your mind — especially late at night or during stressful moments — that might be adding weight rather than building the guard?

"You don't fight anxiety with willpower. You fight it with truth." If you were to write three promises from Scripture on a card to carry this week, which three would you choose and why?

Psalms 56:3 says, "When I am afraid, I will put my trust in You." David didn't say he'd never be afraid — he made a decision *in the middle of* fear. Where do you need to make that decision right now, even if the fear hasn't gone away?

Why is it easier to just say "I'm fine" when we haven't slept well in weeks than to say what is really going on? Without sharing more than you're comfortable with — is that you? What would it look like to let this group be a safe place to stop saying "I'm fine" when you're not?

This week, commit to three specific practices:

1. The Swap — Every time anxiety shows up this week, stop and turn it into one sentence of prayer. Not long. Not eloquent. Just honest: "*God, I'm giving this to You.*"
2. The Card — Write three Scripture promises on an index card or your phone lock screen. When worry comes, read them out loud. Suggestions:
 - Romans 8:28
 - Isaiah 41:10
 - 1 Peter 5:7
3. The Check-In — Before bed each night, ask yourself: *Did I feed my mind truth today?*