

## Conquering Worry to Experience Joy! ...*Philippians 4:4-9*

“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. 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.” ...*Philippians 4:4-7*

### 1. Right Attitude...

Scripture...*Philippians 4:4-5, Luke 10:20, Isaiah 61:10, James 21:19*

### 2. Right Praying...

Scripture...*Philippians 4:6-7, 1Thessalonians 5:16-18, Colossians 4:2, Romans 12:12*

### 3. Right Thinking...

Scripture...*Philippians 4:8, Colossians 3:1-2, Romans 8:5-6, Romans 12:2*

### 4. Right Living...

Scripture...*Philippians 4:9, Ephesians 4:21-32, James 1:22, Mark 16:15*

## Group Discussion

1. What stood out to you in tonight's message and scripture passages? ...*be descriptive!*

2. READ ***Philippians 4:6-7*** and ***1Peter 5:6-7*** together... Describe how these two scriptures line up together.

- How can you actively and practically respond to *fear, worry, and anxiety* in your life? Describe the choices you can make and the steps that you can take in dealing with these things...
- How does your Mindset (*the way you think and what you believe*) affect the "peace of God" that is described in *Philippians 4:7*? (*take note of what verse 7 tells us is "guarded" as we draw close to our Lord Jesus*).

3. READ ***Philippians 4:8*** together... Describe each of the 8 characteristics listed, what they mean, and how you can actively and practically apply them in your life *today!*

- List each of the 8 characteristics described:
- Describe the meaning of each characteristic:
- How can you actively and practically apply each one in your life *today*:

4. Is there anything from tonight's discussion that spoke to you personally? In what way(s) does it affect your life? How will you directly and specifically apply it in your life today?

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Take a few moments to share any Prayer Requests with the men in your Group. Write down any requests and commit to pray for one another throughout the week.

*(It's great to know that other guys are praying for the important things in your life...and it's great to be praying for the important things in their lives!)*

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How do the ***5 Principles for the Christian Man***, help equip you to apply this to your life?

*Discuss your answer with your group...*

- Prayer (*Relationship*)
- God's Word (*Knowledge and Understanding*)
- Worship (*Adoration*)
- Fellowship (*Encouragement and Accountability*)
- Service (*Caring for Others, Action to your Belief*)