

Finding Peace from Anxiety Through Joyful Surrender*Philippians 4:2-7*

For most of us anxiety is sort of the air we breathe, right? We can hardly fathom life without it. We rise up in the morning with it and we go to bed with it. And yet, as someone once said worry and anxiety are sand in the machinery of life. Life doesn't work as well when these things are present. But what are we to do? As we continue in our study of Philippians, Paul speaks to this issue. He offers incredible insight for us in how we ought to deal with our anxiety. May we hear the wisdom of this passage afresh and lean into the truths that are found here!



Opening Discussion: Where do the RPM's of anxiety most often tend to register in your life (1-3 = low; 4-6 = moderate; 7-9 = high)? What types of things are causing worry or anxiety in your life these days?

Read Philippians 4:2-7

1. What commands does Paul give to the Philippians in verses 4-6?
2. How is it possible to "rejoice in the Lord always" (v. 4)?
3. In difficult times, what aspects of God's character help you rejoice?
4. As you think about the command, "Be anxious for nothing" (v. 6), do you think this includes difficult, pressurized, stress-inducing times as well? Why or why not?

Logan said:

Anxiety is a statement about God's goodness. Rather, it is an accusation. The reason I believe that anxiety is a sin is because anxiety calls out God to be a liar. Anxiety questions the goodness and nearness of God that we just talked about. Anxiety says this, "God, *if* you were good, You would you make *this* happen. Or prevent *this* from happening." Or here is something we often hear in the back of our minds at the onset of anxiety, "Does God really care about me? Does God have my best interest in mind?" Does that sound familiar to you? In Genesis 3:1, the serpent posed the question, "Did God actually say...?" Here is my point. When we choose anxiety and worry, we are accusing God of not being good enough or strong enough to take care of our needs. Questioning and doubting God's character is a big deal. When we really take the time to get to the root of our anxiety, it will always lead to some mistrust in God's goodness and God's nearness.

5. Do you agree with the point that anxiety is sin . . . that at some level it is always a mistrust in God's goodness or nearness? Why or why not?
6. Why do you think prayer with thanksgiving is critical to dealing with anxiety?
7. How does Paul describe the nature of God's peace?

Logan said:

The peace we are looking for is found in the surrender! Our prayers and supplications are not just, "God do this and do that." They are acts of surrender! The more we learn to let go and give our cares to a loving and caring heavenly Father the more we will feel safe and secure in His gentle care. Paul is not offering some one-time silver bullet fix. He is not advocating a, "do this and you'll be good" solution. Paul is talking about a lifestyle. Every moment of every day ought to be filled with prayerful surrender to God.

8. What do you think about the idea that the path to peace is a lifestyle of prayerful surrender to God?
9. What might it look like this week to put this passage into practice and experience the promise of peace with God?

A note about peace and mental health: The reality is that for some of us, we face mental health issues (depression, anxiety, panic attacks, etc.) that make this quest for peace a very difficult challenge. If you are facing such issues, Faith wants you to know that you are not alone. We want to come along side of you and help. If you sense that you need extra support, we would encourage you to contact one of our pastors. As well, seeking out a Stephen Minister may be a step towards seeking the peace that God offers in this passage. To inquire about a Stephen Minister, you can contact Bill Moir (785-410-0080; billmoir42@gmail.com). At times seeking medical advice is also helpful.