

Read Psalms 5:11-12. How are these ideas related to the theme of Philippians 4:4-7? Are there parallel promises?

Read Philippians 4:6. We are told to give thanks to God for all he has done. Share with the group a couple of reasons you can give thanks to God. What are some of the needs you might pray about?

Prayer Requests



March 1, 2026

Scripture References

Philippians 4:4-7 • Luke 5:15-16

- 1) “Never be afraid to trust an _____ future to a _____ God.” ~Corrie ten Boom~

- 2) Anxiety is largely based on _____ about the future. We’re uncertain, confused, and frightened about what _____ happen.

- 3) Anxiety can be irrational - we cannot “_____” the fear out of our hearts and minds.

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- 4) Because we are God's people, _____ joy is possible.
- 5) When we're thinking about things that can go wrong, our _____ is focused on ourselves instead of others.
- 6) In Philippians 4:5, the Greek word that is translated "considerate" in the NLT includes the ideas of gentleness, graciousness, and _____.
- 7) The term "near" carries three different implications: _____ near, _____ near, _____ near.
- 8) Anxiety, or worry, comes about because we're uncertain about what the future holds, when we should be thinking about _____.
- 9) We learn to _____ God, and therefore to _____ always, as we see him fulfil his promises in our lives.
- 10) The promise of peace has a condition to it: as you _____ in Christ Jesus.

Small Group Discussion Questions

Please try to think these over and jot down some ideas prior to discussing them at the meeting, it will improve the discussion.



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 What kind of things trigger anxiety in you? How well do you handle your anxiety?

In Philippians 4:5 what are the implications of dealing with people in ways that are considerate, gentle, gracious, and a balanced temperament. How are they different? How are they similar?

Also in verse 5, what are the implication of the Lord being near spatially, temporally, and relationally? Which has the most meaning for you?

Continued on reverse.