

## Dealing with Fear and Anxiety Philippians 4:4-13

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*Read Philippians 4:4-13 and pray that God would give you light.*

1. Which circumstances makes you feel most anxious?
2. Take a look at the passage from last week (2 Corinthians 11:23-28). What are the potential sources of anxiety in Paul's life?
3. In some instances Paul indicates that he experienced anxiety (Philippians 2:28; 2 Corinthians 11:28; Romans 12:1-3). Is there a difference between legitimate and sinful anxiety? What is the difference?
4. How can I "rejoice in the Lord always" (v.4)? How can we "rejoice" in situations of hardship? Perhaps look at Acts 16:25, 2 Corinthians 6:10 and Philippians 1:29.
5. How should we deal with anxiety that might be caused in our relationships? Take a look at vv.2-3.
6. Paul tells us not to "be anxious about anything" (v.6). Jesus says something very similar in Matthew 6:24. What are the reasons Jesus gives for not being anxious in Luke 12:22-30?
7. How should I bring my "requests to God" in the context of anxiety (v.6)? What help can I find in 1 Peter 5:7?
8. Why is it important to bring our prayers and petitions "with thanksgiving" in the context of anxiety (v.6)? What things are you thankful for during this time?
9. What is the "peace of God" promised in v.7 and how will it "guard our hearts and minds in Christ Jesus"? Why is it important that this peace "transcends all understanding" during our time of stress (take a look at Proverbs 3:5-6)? What is the relationship between this experience of peace and the peace Paul speaks of Romans 5:1-2?
10. What difference can meditation on the things Paul mentions in v.8 make to situations in which we are prone to be anxious?
11. How should I deal with possible anxiety about poverty or the loss of material goods (vv.10-13)?
12. How can I grow in my fight against anxiety according to v.9?
13. Should we be filled with fear about death? How did Paul respond to the possibility of death in Philippians 1:20-24?