

# DISCUSSION GUIDE

ROAD BLOCKS | WORRY & ANXIETY

MAY 4/5 | PHILIPPIANS 4:1-9

## FOR STARTERS

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged you or raised questions?
2. What's the biggest roadblock that you have ever encountered while traveling? How did it make you feel?

## DIGGING IN

1. Read Philippians 4:1-3. According to these verses, we survive the roadblocks of worry by standing in the power of God. What do you think it means to "stand in the Lord"? Are there other verses that speak about the how and why of doing this? What do you think it means to "stand together"? (2 Corinthians 1:3-5)
2. Read Philippians 4:4-7. According to Paul, maneuvering around the roadblock of worry requires us to rejoice in the love of God. How/when has praying in the midst of your worries given you peace? How does thanking God in the midst of our worries give us joy?
3. Read Philippians 4:8-9. According to Paul, defeating worry requires us to think about the promises and Word of God. In the message it was said, "We cannot withdraw what we don't have deposited." What do you think this means in relation to God's Word and worry?

## BRINGING IT HOME

1. Worry obstructs our relationship with God. Which of the statements below speak to your heart about the dangers of worry? Why?
  - Worry and anxiety are attacks on our minds (worse at night).
  - Worry and anxiety should not determine our outcome.
  - Worry and anxiety can lead to bad decisions.
  - Worry and anxiety can cause sickness.
  - Worry and anxiety distracts us from trusting God.
2. What can we say to other Christians who are faced with the roadblocks of anxiety and worry? Who in your life needs to be reminded of John 10:10?

# MESSAGE NOTES

SERIES:

TITLE:

SCRIPTURE:

Belonging to a small group is a great way to grow spiritually. If you would like to join a group or get more information, contact Bri Morrison at [bmorrison@doorcreekchurch.org](mailto:bmorrison@doorcreekchurch.org).