

ANXIOUS FOR NOTHING

Week 2. Read the passage Philippians 4: 4-8 again.

Q1. Paul writes about two recurring convictions (pillars) in his letters, the first, that God is in control, and secondly that God is gracious. Why are these two convictions so important, especially in relation to overcoming anxiety?

Q2. Read Philippians 1: 3-6. In what way does Paul describe God's sovereignty (that God is in control)?

Q3. How does trusting God help us overcome anxiety?

Q4. How does guilt add to our anxiety?

Q5. Read Philippians 3: 4b-9. Note Paul's shift from operating in his own strength, to a dependence on the Grace of Christ. What do we need to do to ensure guilt doesn't rule our lives?

Q6. What place do the two pillars have in your life?

Philippians 4: 4-8