

From Worrier to Warrior
Be Anxious for Nothing
Philippians 4:4-7

Battle Anxiety with the Weapon of _____ (Philippians 4:4)

Battle Anxiety with the Weapon of God's _____ (Philippians 4:5)

Battle Anxiety with the Weapon of _____ (Philippians 4:6)

Bask in the Peace of God's _____ (Philippians 4:7)

a. Bask in the Peaceful Promise of God's _____.

"I Am The Bread Of _____" (John 6:35)

"I Am The Light Of The _____" (John 8:12)

"I Am The Gate For The _____" (John 10:7)

"I Am The Good _____" (John 10:11)

"I Am The Resurrection And The _____" (John 11:25)

"I Am The _____ The Truth And The Life" (John 14:6)

"I Am The True _____" (John 15:1)

b. Bask in the Peaceful Promise of God's _____.

Equip Community Questions

As a reminder, sign up in the foyer to host an Equip Community Group. The official kickoff starts on Oct. 15th.

1. According to recent medical research, medicine related to helping people deal with anxiety is among the most requested items in healthcare today. Although medicine is often needed, followers of Jesus Christ have the ability of calling upon Jesus for help. As a family or as a group, reread Philippians 4:4-7. Discuss how we can battle anxiety through a relationship with Jesus Christ.

2. What spiritual disciplines are you tapping into to battle anxiety?

3. How does the comfort of the gospel, the good news of Jesus Christ, help you with anxiety?

4. Who needs to hear this? How can you comfort them with the gospel and with Philippians 4:4-7?