

Go Deeper Life Group Study

2020 SURVIVAL GUIDE

Chapter 1 – Peace in the Pandemic

July 25/26, 2020

ICE-BREAKER...

What do you keep in the trunk of your car?

GROUP DISCUSSION...

1. What kinds of things make you anxious these days? How do you deal with those anxieties? Are those strategies working for you?
2. **READ Philippians 4:4-7.** What is the relationship between rejoicing and overcoming anxiety? What is the difference between “rejoicing in the Lord” and rejoicing in your circumstances?
3. Is it realistic to not “be anxious about **anything**”? Why or why not?
4. What does it mean that “the peace of God will guard your heart and mind”? Have you experienced this?
5. Why does Paul tell us to use “prayer”, “petition” and “thanksgiving” when battling anxiety? What is the difference between these three different expressions of prayer?
6. When you pray why is it important to remember that “the Lord is near”? What is it about Jesus that brings you joy?
7. **READ Philippians 4:8.** What is the relationship between our thought life and our anxieties? Make a list of antonyms for each of the adjectives in this verse. Does this help you identify and negative thoughts that you need to take captive?
8. What is one thing you will do this week to overcome anxiety and experience joy?

REMIND YOURSELF DAILY...

The peace that comes from God is a quiet confidence inside, regardless of circumstances, people, or things that otherwise might steal our joy.

VERSE OF REFLECTION...

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33