



Free From Anxiety
Presenter: Doug Bridge

Talk It Over

Set Free
(Week 4)
“Free From Anxiety”

1. _____ the Lord
2. _____ to everyone
3. _____, ask thankfully
4. _____ heart and mind
5. _____ your mind (dwell on)

SMALL TALK

1. Share the most positive news you've heard in the past week.

VIEWPOINT

2. **READ Philippians 4:8.** Which of the words/phrases used to describe the things we should fix or fill our minds on, dwell on, think on, (etc.) in verse 8 sounds like it might encourage you the most?
3. As a group, try to come up with an example of what each thing to think on in V.8 might sound like?
4. **READ Psalm 55:22; Psalm 94:19; Proverbs 12:25; John 14:27 and 1 Peter 5:6-8.** Discuss the theme these verses have in common.

GETTING PERSONAL

5. How often and to what extent (scale of 1-10) do you feel you worry or become anxious?
6. Is there an area of life, topic, person/people, situations that most cause you to worry?
7. What might you do to increase your trust in this promise of peace from God?

MAKING PROGRESS (THIS WEEK)

8. In order to move from where you are to where God wants you to be in regard to worry and what you fill/fix your mind with/on, how can your group pray for you this week and what might you do as an action step to ask for God's help?

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