**12.8.19 - Advent - Anxiety and Peace - Christian**

Leader Prep Section

* Prepare by reading through the questions and scripture passage so that you can select a **few** questions that are best suited to your group.
* Try to work through at least one question from each of the sections - Hook, Book, Look, Took in order to move from observation to application.
* When possible spend time in prayer for each member of your group.

**Hook** - Ice breaker type questions to help make the transition into the study time.

* What are some things that stood out to you from Sunday’s sermon?
* What are you feeling this Christmas season?

Background / Reading

**Phil 4:4-9**

**Book** - These questions are designed to get you into the text itself.

* What does Paul say is the antidote to anxiety / stress?
* How does this connect with two Christian’s two questions:
	+ What is true?
	+ What is good?

**Look** - These questions will take you on a deeper look at what the passage means for us today.

* What does Paul say not to be anxious about? (Answer: anything!) How is that possible?
* Why does Paul say to think about all those good things?

**Took** - These questions are focused on applying the big idea from the text to our lives.

* How do you remind yourself of the truth when faced with overwhelming feelings?
* Do you have someone in your life who can remind you of the truth at the times you most need it?
* Where do you sense God wants you to move forward despite your fears?
* How would Christian’s third question this week:
	+ What’s next?
* What does this make you want to pray?