

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?