

# HOPE, Part 3 – Small Group Discussions



## Learning from the Apostle Paul

- God's **truth** brings peace and calm in chaos - It will not return void.
- Just because **bad things happen** in our lives, it **does not mean** that we are **not living in God's will**.
- The Apostle Paul was smack dab in the middle of **God's will** and yet he faced a seemingly **unending series of hardships**.
- We need to focus on **disconnecting** from any voice that is not speaking God's truth.

Philippians 4:6-9 (read this over as a group) [Biblegateway](#)

## Key Points: How to Handle Anxiety Biblically

1. **Do not be anxious about ANYTHING.**
  - This is easier said than done but it is **possible** with the help of the Holy Spirit.
2. **Bring EVERYTHING to the God and put it on His shoulders.**
  - His shoulders are only ones designed to carry every burden.
3. **Approach God with an attitude of gratitude.**
  - Even in times of trouble and pain, there is so much to be thankful for.
4. **Leave your anxieties at His feet.**
  - When God doesn't work in our time frame, our first instinct is to **take back** the things we have given to Him and try to carry them on our own. This causes the **cycle of anxiety** to repeat.
5. **Accept peace as the answer to your prayers.**
  - We are never promised to get the answers to our prayers that we want. What we are promised is the **peace of God**.
6. **Choose what you think about.**
  - Verse 8 reminds us that we have a **CHOICE** when it comes to our thought lives.
7. **Take action and DO whatever we can to further God's Kingdom.**
  - Turn your anxiety, worry, or even boredom into opportunities to be a blessing and encouragement to someone else.

## Memorize: Philippians 4:8 (NIV)

*Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things.*

## Questions:

1. What are your greatest fears or anxieties right now? Be honest. God already knows anyway.
2. What prevents you from regularly bringing EVERYTHING to God in prayer?
3. What do you have to be thankful to God for right now? Start a list and include even the smallest things.
4. What have you been giving to God, but then taking back? What would it take for you to leave at His feet permanently?
5. What can you do **today** to be an encouragement and dealer of hope to someone else?

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