



Break the Cycle Participant Guide – May 10, 2020

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ 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. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:4-9 NIV)

ICE BREAKER

Where is the first place you'll visit when the Stay at Home order ends?

DISCUSSION QUESTIONS

- 1) Have you ever felt shame or guilt for not being able to control your anxious thoughts? How did this play out in your life?**
- 2) God doesn't promise the removal of the things in our life that make us anxious, but instead to be near us and offer us His peace. How have you seen God near during your pain? How does this give you comfort and cause you to rejoice?**
- 3) Pastor Kevin summarized Philippians 4:6-7 in this way -> When we think right about God's power, we submit. What is keeping you from submitting your anxious thoughts to Him? How have you tried to deal with your own anxiety instead of giving it to God?**
- 4) How can you apply the words of Paul in Philippians 4:8-9 and begin to replace rather than repress your anxious thoughts?**

PERSONAL REFLECTION

- 1) How can you take steps this week to allow God to renew your mind and "think right?"**
- 2) Who can you reach out to this week to support them in their anxiety?**