



**Break the Cycle  
Leader Guide – May 10, 2020**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> 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. <sup>9</sup> 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?**

- Leaders share your own struggle here and allow your group to have plenty of time to process and share

**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?**

- Peace doesn't mean we're going to be rescued, but that God's presence will be near
- Group Leaders, share how you've seen this play true in your life
- Remind your group of Paul's situation when writing this – in prison! This really puts into perspective the power of God's presence

**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?**

- Are you too prideful to surrender it to Him?
- Are you trying too hard to think positively instead of thinking rightly?

**4) How can you apply the words of Paul in Philippians 4:8-9 and begin to replace rather than repress your anxious thoughts?**

- What parts of your life do you need to focus on what is true, noble, right, pure, lovely, admirable, righteous, and praiseworthy?

- What parts of your life do you need to shut down because they aren't these things? (TV shows, music, binge watching, substances, friendships, etc.)

## PERSONAL REFLECTION

### **1) How can you take steps this week to allow God to renew your mind and “think right?”**

- Group leaders please be sure to share the “Anxious for Nothing Starter Pack” with your group. You can find it at [thechapelbr.com/live](http://thechapelbr.com/live) — Also encourage them to join us in our Chapel Bible Plan at [thechapelbr.com/bible-plan](http://thechapelbr.com/bible-plan)

### **2) Who can you reach out to this week to support them in their anxiety?**