

METAMORPHOSIS

DISCUSSION GUIDE

DISCUSSION GOAL



Discuss God's ability to transform anxiety into peace. Discuss what steps we take as believers towards living a peaceful life as God designed.

**See bottom of second page for comment on anxiety disorders, read to your group if helpful. Reach out to your campus for mental health resources.*

ICE BREAKER



What's one thing that always brings a smile to your face, no matter how tough your day has been?

TEXT



Have a member of your group read the passage aloud.

Philippians 4:5-9

5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

MESSAGE OUTLINE



This is what our pastoral team observed about the passage.

Big Idea: God is able to transform anxiety to peace

Key Question: How can my anxiety be transformed to peace?

1. Pray with gratitude. (vv. 6-7)
2. Meditate on what is good. (v. 8)
3. Live out God's Word. (v. 9)

DISCUSSION



- Paul begins this passage (v.5) by stating, “The Lord is at hand”. How does God’s presence speak into any anxiety we may experience? How does it help bring you peace knowing the Lord is with you no matter what you are experiencing?
- Read Philippians 4:6-7. What does Paul say we should do instead of staying in our anxiety? Do you find it difficult to pray with gratitude when experiencing anxiety? Why or why not?
- Paul instructs us to meditate on things that are true and good and righteous (v. 8). What are ways that you fill your mind with God-exalting thoughts?
- Verse 9 tells us the Philippian church should practice the things they’ve learned from Paul and seen exemplified in him. What actions of faithful living help you combat anxiety? How does it help reframe your perspective?
- Read Luke 12:22-34. How does Jesus challenge us in our anxiety? How does Jesus tell his followers to live as an act of rebellion against anxiety? Reflect on v. 34: “For where your treasure is, there will your heart be also” and discuss the impact of what we value on our anxiety.

LIFE APPLICATION



As a group, we are able to help bear each other’s anxiety and remind each other of the peace that God offers. What are practical ways that we can help bring peace to each other’s lives this week or bear each other’s burdens.

jot your ideas below and send a picture to your group to remind everyone of your action steps this week.

PRAYER REQUESTS



Statement on anxiety: All people experience anxiety to one degree or another and struggle to experience the peace and contentment that God means for us and anxiety is a threat for all of us. There are also anxiety disorders, which are chronic, intense, and may include irrational anxiety. Scripture is helpful for all of us who experience anxiety, even in the presence of an anxiety disorder. If you do have any type of anxiety that could be diagnosed as an anxiety disorder, please know what God is still able to help you. Through his Spirit and under the guidance of his word, there is hope for you to grow, but also know that there is no shame in getting help from medical doctors and mental health experts. These health providers can be a gift of God’s common grace to help us contend with anxiety in conjunction with God.