
C. STRENGTHENING CHARACTER

C.12: How do I overcome the worries in my life? [Philippians 4:4-8]

A STORY

Dan was an elder in the church and valued a growing church measured by numbers of people attending and income. He found himself worrying all the time about whether the church would make it. It was consuming his mind and heart. He felt so discouraged and wanted to quit. He was asking “Is there any way I can see beyond the worries and troubles?” We went to the following verse:

DIGGING INTO THE BIBLE

Philippians 4:4-8 (NIV):

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.

DISCUSSION AND DISCOVERY

1. What does this passage teach about rejoicing?
2. What does that mean in your life?
3. How can you make that real?
4. What other key phrases stand out to you?
5. What are the things you get most anxious about?
6. How do you apply this in everything: “Don’t be anxious about anything”?
7. What is going on in your prayers and petitions?
8. When you present your prayers to God, what will happen?
9. What does it mean, “the peace of God which transcends all understanding”?
10. What would it take for you to experience this transcendence?
11. How will this guard your heart and mind?

APPLICATION AND ACCOUNTABILITY

12. What steps do you need to take to reach this end goal of experiencing the peace of God?
13. When would you like to work on this?
14. How can I be of help? How will you follow up your steps?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: