



Praying Through the Pain

Anxious for Nothing series

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4.14.24

*“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” • **Philippians 4:4-7***

Main Points:

Rejoice in the Lord!

Let your **gentleness** be evident to **all**.

The Lord is **near**.

Do not be **anxious**.

Instead, by **prayer** and **petition**...make your requests known to God.

With **thanksgiving**, make your requests known to God.

Scripture Reference: **1 Peter 5:6-7**

Humble yourselves...

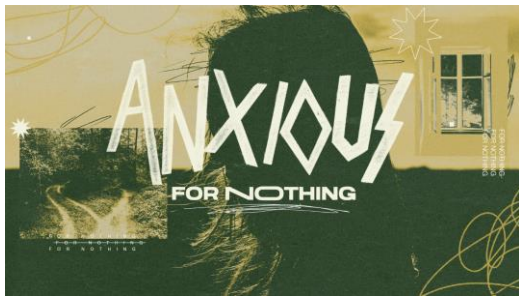
Because He **cares** for you.

When will he lift you up? **In due time**.

What do we do? **Cast** all your **anxiety** on Him.

What are we promised? **The peace** of God.

My Takeaways: _____



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Group Life Questions

1. What are some of your 'less than best' responses you have had when experiencing anxiety?
2. What are some things that cause you to be anxious?
3. What does this text tell us we are encouraged to do in every situation that we find ourselves?
4. Why is it challenging to be thankful in the challenging times?

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. • 1 Peter 5:6-7

5. Often, we try to 'fix it' ourselves. What does 1 Peter 5:6-7 tell us to do and why?

**Recognize: We don't always have the power to control
but we always have the power to surrender!**

6. Share a time when you experienced God's peace.
7. What is a point of anxiousness that the group can pray with you about?