

## Fellowship Group Homework & Discussion

### Getting Started

1. What circumstances tend to bring about anxiety in your life?
2. Anxiety is the #1 emotional issue for which people seek out professional help in America today. Does that resonate with you? Why do you think that this is true?
3. What impacted you the most from last Sunday's sermon?

### Going Deeper

4. Read Matthew 6:25-34.  
Why is anxiousness so important a topic that both Jesus and Paul feel a need to address it and issue commands about it?
5. See v. 25.  
⇒ If life is about more than food and clothing, what is life about?  
  
⇒ How does this truth help move us away from anxiety and towards what is really important?

6. See v. 27. Does anxiety produce anything positive in your life? Why not?
7. See vv. 25-34  
⇒ In what ways does God show care for even the birds and flowers?  
  
⇒ How does this relate to God's care for you?  
  
⇒ In what specific ways does God show His care for you?
8. Re-write v. 34 in your own words in such a way that applies to you.
9. Read Matthew 6:19-24. Why does Jesus talk about anxiety immediately after talking about money and possessions?
10. Read Philippians 4:6-7  
⇒ Why do we need an armed guard to protect our hearts and minds?  
  
⇒ Why are the words "anything" and "everything" such an important contrast in this verse?  
  
⇒ What is the importance of prayer and thanksgiving in countering anxiety?
11. What one step do you need to take to apply this passage to your life this week?

12. A key purpose of our Fellowship Groups is to provide accountability.

To help with that, discuss the following questions:

- Have you been making it a regular priority to attend a Sunday morning worship service?
- Have you been faithful in making Fellowship Group attendance a top priority?
- Are you praying regularly for the members of your Fellowship Group?
- Are you caring for the physical, emotional and spiritual needs of those in your Fellowship Group?
- Are you taking steps to become more transparent with your Fellowship Group?
- Are you serving regularly in one area of ministry, preferably in your area of giftedness?
- Are you maintaining your Oikos list?
- Are you praying regularly for your Oikos list?
- What have you done this last week to reveal God to at least one member of your Oikos?



**Passionate Partnership**  
**Part 18: "Anxiousness...Don't Go There"**  
Philippians 4:6-7  
September 25, 2011

I. Anxiety is Penetrating

II. The Remedy is Comprehensive

III. The Change is Radical

IV. The Fight is Constant