



No one has to learn how to be nervous, anxious, or stressed. What everyone could use is help learning to live with peace on the inside even when it's crazy on the outside. In this series we are going to turn to God's Word and learn that it is possible to KEEP CALM!

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.

1 Rick began by pointing out that the USA is the "most anxious nation" in the world. What factors contribute to the anxiety epidemic in our country? How have you experienced some of these recently?

2 **Read Philippians 4:4-7.** What stands out to you from this passage today? Follow up: Rick said that "One of the strongest apologetics the church could offer the world right now is the witness of a community that knows how to KEEP CALM." Share some examples of how you've witnessed others remaining calm in the midst of anxious times. What impact did that have on you and those around you?

3 **"KEEPING CALM"... is a practice.** *We are not going to drift into a less anxious life; we must pursue it. Much of our anxiety is learned behavior that can be unlearned.* What's significant about those two statements? What stands out to you the most regarding Paul's instructions to pray in **Philippians 4:6-7**? Follow up: **Read Luke 5:16.** In what ways do you think this practice of prayer impacted how Jesus lived? What is one thing you need to change about your practice of prayer today?

4 **PRAYER DEFEATS DESPAIR: Cast your anxiety on God.** *Anxiety results when we carry stuff we were not meant to carry.* **Read 1 Peter 5:6-7** According to these verses, why should you give your anxieties to God? Follow up: Rick mentioned that "to cast is to intentionally relocate something." How might this imagery of "casting" your anxiety on God guide the way you pray?

5 Rick went on to say, "If you don't chunk your worries, your worries will choke you." **Read Mark 4:18-19.** What stands out to you from these verses? Follow up: What is something you are currently carrying that you need to "cast" on God?

6 **PRAYER DEFEATS DESPAIR: Request what you really want.** *The specificity is not for God's benefit; it is for ours.* What are the benefits of a specific prayer (see example in **Mark 10:46-52**)? Follow up: As you think about your anxieties, how could you be more specific when you pray (what practice or discipline could help you with this)?

7 **PRAYER DEFEATS DESPAIR: Trust that you matter to God.** *"...because he cares for you." (1 Peter 5:7) If it matters to us it matters to God because we matter to God.* How does that truth make you feel? **Read Matthew 6:25-34.** How would living with trust in God over trust in yourself change the way you live each day? Follow up: What resonated with you the most from the video testimony of Kevin Dougherty?

8 **"KEEPING PEACE"... is a promise.** *God's ability to relieve anxiety is unexplainable except that it comes from God.* **Read Philippians 4:7.** When have you experienced this type of peace in your life? Spend some time in prayer asking God for what you need.

