



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 reminding us that *every day we are bombarded with messages that have the potential to produce great anxiety within us.* What are some examples of this from your life this past week? What did you do to help you deal with that anxiety?

2 **Read Philippians 4:4-8.** What stands out to you from this passage this week? Follow up: What is one thing that is helping you KEEP CALM in the midst of anxious times?

3 **THE NON-ANXIOUS LIFE... is a determination more than a destination.** *We cannot always control outcomes, but we do get to choose our outlook.* Why is that so important to remember? How well do you normally do in this area?

4 **Read Philippians 4:10-13.** *Paul did not fall into the "when/then" trap.* In what circumstances do you most typically struggle to be content and get tripped up by the "when/then" mindset? Why? Follow up: What was the "secret" to Paul's contentment? How can knowing that help you live more of a non-anxious life each day?

5 **SO LEARN... to be grateful.** *We need to expose our worries to worship, and one of the strongest expressions of worship is thanksgiving.* How can giving voice to your present blessings silence your future fears (share some examples from your experience)? Follow up: **Read Philippians 4:6 and 1 Thessalonians 5:16-18.** How can putting these verses into practice help you cultivate a consistent spirit of gratitude? How can you learn to be more grateful?

6 **SO LEARN... to be grace-full.** *You cannot learn how strong grace is without growing through a season of weakness.* **Read 2 Corinthians 12:8-10.** What resonates with you from Paul's story? How did he learn to KEEP CALM in this season of his life? Follow up: What is something you learned in a season of weakness? How did it change you?

7 **THE NON-ANXIOUS LIFE... is the fruit of a higher pursuit.** *Stop chasing a place, and start trusting a person.* What did Rick mean by that statement? When are you tempted to "chase a place" more than "trusting a person"? Follow up: What is something practical you can do this week to make progress in living a non-anxious life?

