

# SUNDAY MORNING TEACHING GUIDE

**Teacher: Donovan Christian**

Today we are looking at some practical guidance from Scripture to maintain Jesus' peace in your life. We all wrestle with anxiety. Anxiety is really the opposite of peace. This week we look at an immensely valuable passage that followers of Jesus can use to find peace and battle against anxiety. We'll see again that the obstacles in the way of peace do not have to be removed for followers of Jesus to experience peace.



## CONVERSATION STARTER

What's something silly or unusual that makes you feel anxious or worried?

## READ AND DISCUSS

When do you feel anxious? What typically causes you to worry? What are the things happening in your world right now that are causing anxiety?

Can peace and anxiety exist in you at the same time? Why or why not?

Read Phillipians 4:5-7

Break down the *steps* in Paul's encouragement against anxiety?

When you start to feel anxious, what is typically your first response?

If we were to listen to Paul's words in this week's passage, how would we respond differently?

Why is thanksgiving important in maintaining peace. Why is giving thanks counterintuitive when we are worried?

Have you ever experience the "peace of God that surpasses all understanding" in the midst of anxiety? What do you think Pauls means when he says that?

## APPLICATION

What do you very practically need to do to obtain and maintain peace when you feel anxious or worried?

Bring up a moment when you've felt anxious. We typically jump to all of the worst-case scenarios and imagine all of the things that could happen. We let our minds spin out of control. What would it look like to instead respond in prayer and with thanksgiving? Discuss regarding one example in detail.

Try to make your initial response to anxious thinking, prayer and thanksgiving. Practice the advice of Paul in Phil. 4:5-7 and see what happens. Peace will increase in you, no matter the circumstance.