

C3 GROUP QUESTIONS

F2020-WEEK 10

11/02/20

Getting Started with a Warm-Up:

- Please share with your group what causes you to stress or worry the most and why. How do you deal with stress and worry?
- When you stress or worry you are vulnerable to Satan's lies. What lie of Satan do you think you are most vulnerable to?

Getting Down to Business:

The following questions are following this format: Scripture, Observation, Application, and Prayer (SOAP).

- 1) **Scripture/Observation:** A) Read Philippians 4:6-7. How do you think prayer will minimize your stress, worries, anxiety? B) What reassurance do we find in Psalm 46:1 that would encourage us to pray when faced with worry or stress. C) How does God's peace guard your heart and mind?
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- 2) **Application:** A) From last week's application: Share with the group the verse you memorized that emphasizes a name or characteristic of God. B) Please memorize Philippians 4:6-7 and incorporate it into your prayer time during the week.
- 3) **Prayer:** Please guide your group in prayer to God that we would more quickly come to Him with our stress and worries, and allow his peace to guard our hearts and minds.

"Give all your worries and cares to God, for he cares about you". (1 Peter 5:7, NLT)