

## C3 LEADERS QUESTIONS

F2020-WEEK 10

11/02/20

**Getting Started with a Warm-Up:** *(For leaders: Please be ready to share if no one else does.)*

- 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? *(For leaders: "For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies". John 8:44, NLT)*

### **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? *(For leaders: Hint. Read verse 6, worry is the opposite of peace.)*  
*(For leaders: "6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus". Philippians 4:6-7, NLT; "God is our refuge and strength, always ready to help in times of trouble". Psalms 46:1, NLT)*

Below is an excerpt from The Bible Panorama commentary that you can access by following the link after the excerpt.

*V 6–7: FAITH - Prayer, supplication, and thanksgiving are the expressions of faith to be made known to God in everything. Thus anxiety is dealt with and is replaced with the surpassing peace of God through Christ.*

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<https://www.biblegateway.com/passage/?search=philippians+4&version=NLT>

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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)*