

Questions for Reflection and Discussion
Philippians 4:6-9
Overcoming Anxiety

Getting Started

What are some causes of anxiety in your life?

Digging In

1. **Read Philippians 4:6-7.** What antidote to worry does Paul give in these verses?
2. Write a paraphrase of vss. 6-7.
3. In addition to telling God about what we need, what else are we to do? (v. 6)
4. Why do you think this is an important part of prayer?
5. What does God promise to do in v. 7?
6. What do you think is meant by the phrase “which transcends all understanding”?
7. **Read vss. 8-9.** What else can we do to have healthy minds?
8. Give some examples of things that fit the description of v. 8.
9. In what ways had Paul taught the Philippians? (v. 9)
10. What last step does he exhort them to take to overcome anxiety?
11. What will be the result? Explain what this means.



Getting Personal

- Think about one thing that sometimes causes you to worry. How can these verses help you overcome anxiety?
- Take a few minutes right now to *present your requests to God – with thanksgiving.*
- Think about what you read, and what you watch on TV and the internet. To what extent does it fit the criteria of v. 8?
- What changes will you make to maintain better “mental health”?
- Memorize **and meditate on** one of the following verses or passages: Ps 23; Prov 4:23; Isa 26:3; Matt 6:25-33; Matt 7:24-27; John 14:27; Rom 12:1-2; Col 3:15; 1 Thes 5:16-18; 1 Pet 5:6-7.