



Consider Paul's Admonition

Philippians 4:6-7 (NIV) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

DISCUSS:

- What did Paul say about anxiety?
- What are some kinds of things people worry about?
- Why does worrying (being anxious) not help?

DISCUSS:

- Paul says to pray instead of worrying. How does talking to God work better than worrying?

PRAY:

- Share some things within your family that you might be worrying about
- Pray for each other concerning these issues.