**Christ Community**
**Community Group Guide**

**Series/ Week:** Holiday Hope: Anxiety

**Connect:** Share prayer needs and take time to pray for each other

**Reflect:** Does worry, fear, stress, or anxiety ever take a lot of your energy?

**Read:** Phil 4:4-9

**Study:**

1. What instructions does this passage give?

2. What order of steps does this passage give for bringing our anxieties to God?

3. What should we focus on instead of our worries? How would this help?

4. What promises does God make in this passage?

**Apply:**

1. Name five things you are thankful for.

2. Name what you are worried, fearful, stressed, or anxious about.

3. Ask God for what you need.

4. Name one thing that is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy about God.
   Commit to focusing on it throughout the next week, anytime you become anxious again. (Tip: It is helpful to write it on a small card and have it ready)