



Series: Dealing with Anxiety
Passage: Philippians 4:4-9
Title: Dealing with Anxiety, Part 1
Speaker: Pastor JC Cooper 6/22/25

Discussion Starter – What are the sources of your greatest concerns at this stage of life? How and why have life challenges and concerns changed over the years?

1. Define anxiety. How does anxiety differ from care and concern about possibilities that might negatively impact your life and planning for them?
2. What physical effects are indicative of anxiety?
3. What difficult circumstances has Paul endured, and is experiencing even as he writes this letter?

Review Philippians 1-3, (verses 1:12-13, 21-26, 2:14-16, and 3:10-14)

4. What is Paul's priority revealed in verses 1:12-13? What other priority is revealed in verses 21-26?
5. How do proper priorities impact the level of concern or anxiety we experience?
 - a. Do you prioritize the gospel and the interests of others above your own? How does your "anxiety meter" reveal your true priorities?
6. What does Paul command in verse 2:14? What does complaining reveal about our hierarchy of concerns?
 - b. What fruit of the Spirit results when we truly rest in the sovereignty of Jesus over our lives?

Read Philippians 4:1

7. Paul commanded, "be anxious for nothing". Jesus commanded, "do not worry". Why can it accurately be said that anxiety is a sin? How does 1 John 1:7-9 teach us to address anxiety?
 - c. What tools have we been given to prevent anxiety from crippling our lives? How do you manage the decisions and choices of daily life without falling under the crippling effects of anxiety?

Read Philippians 4:4-9

8. What does Paul offer as the antidote to anxiety? Anxiety is rooted in circumstances, where must the antidote be rooted?
 - d. What fixed and unchangeable truths can you identify that are always worthy of our rejoicing, regardless of changing circumstances?
9. Describe how gentleness is contrasted with anxiety in verse 5. How does gentleness relate to the statement, "the Lord is at hand"?
10. How is Paul's advice similar to positive thinking, deep breathing, or meditation? In what important ways does it differ?