



Series: Dealing with Anxiety
Passage: Philippians 4:4-9, 1 Kings 19
Title: Dealing with Anxiety, Part 2
Speaker: Pastor JC Cooper 6/29/25

Discussion Starter – At what point do daily cares over meeting a schedule, fulfilling commitments to others, or balancing the challenges of life elevate to the level of anxiety? What physical evidence is typically present with anxiety?

Read James 1:13-17

1. What does this passage reveal to us as the source of sin and death?
 - a. How do you respond when things don't go your way? What does our response reveal about our values and priorities?
2. How are our desires related to the temptation described here? What does verse 17 reveal to us about the best things we can desire?

Read 1 Kings 19:1-18

3. What events did Elijah experience leading up to his fearful fleeing from Jezebel? What spiritual highs have you experienced?
4. What evidence do you see in these verses that indicate Elijah experienced a degree of debilitating anxiety or depression?
5. How did God relate to Elijah in verses 5 and following? Describe God's gracious response to Elijah in his crisis?
 - b. Why are spiritual highs not the path to a faithful and confident walk in Christ?

Read Philippians 4:4-9

6. What does Paul offer as the antidote to anxiety? Anxiety is rooted in circumstances, where must the antidote be rooted?
 - c. What fixed and unchangeable truths can you identify that are always worthy of our rejoicing, regardless of changing circumstances?
7. Compare gentleness with Elijah's spiritual high. How does knowing "the Lord is at hand" promote gentleness?
8. What is the source of effective prayer? How can we grow into a more effective prayer life?
9. What overarching attitude is to be embedded in all our prayers and supplications?
 - d. How does gratitude work in your heart to promote peace and guard against anxiety?
10. What food for our hearts does Paul prescribe? Where can we find noble, just, pure and lovely things?
 - e. What changes can you expect if you trade 1 hour per day of TV for time in God's word and worship?