

ASKING FOR A "FRIEND"



Leader Conversation Guide – Asking for a Friend: Stress & Anxiety

Main Idea

This week, Pastor Brett shared a powerful message on managing stress and anxiety, drawing from the rich truths found in Scripture. He reminded us of God's invitation to bring all our worries to Him, as emphasized in Philippians 4:6-7, which calls us to pray and trust in God's peace that transcends understanding. Pastor Brett also highlighted the story of King Jehoshaphat in 2 Chronicles 20, showing how, in times of overwhelming fear, we can turn our eyes to God, trusting Him to fight our battles. Through prayer, praise, and surrender, we can find strength in God's presence, even when we feel powerless. As we reflect on how to apply these principles to our own lives, let's consider how we can shift our focus from anxiety to reliance on the God who cares deeply for us.

Rejoice in the Lord always. I say it again, rejoice.

PHILIPPIANS 4:4

Make It Practical:

- Rejoice and Trust in God (Philippians 4:4-6) – We are called to rejoice in the Lord and not be anxious about anything, but to bring everything to God in prayer, trusting that He will provide peace that guards our hearts and minds.
- We are Spiritual Beings – We are not just physical beings having spiritual experiences, but spiritual beings going through a temporary physical experience. This perspective helps us handle stress and anxiety with an eternal mindset.
- Jehoshaphat's Example (2 Chronicles 20) – Jehoshaphat faced overwhelming odds but turned to God for guidance, called for prayer and fasting, and relied on God's power to fight the battle, reminding us that the battle belongs to God.
- The Importance of Prayer and Praise – In moments of anxiety, we are encouraged to pause, pray, and praise. Prayer brings our anxieties before God, and praise shifts our focus onto His greatness and faithfulness.
- Casting Our Anxieties on God (1 Peter 5:7) – We are reminded to cast all our anxieties on God because He cares for us. If something is big enough to cause us worry, it's big enough to bring to God in prayer.
- God's Promises of Peace and Protection (Philippians 4:6-7) – God promises peace that transcends understanding when we bring our worries to Him, and this peace will guard our hearts and minds in Christ Jesus.

Talk About It

1. In Philippians 4:4-6, we are encouraged not to be anxious about anything but to present our requests to God. How does this passage challenge or comfort you in your current struggles with stress or anxiety?
2. 2 Chronicles 20:12 says, "We don't know what to do, but our eyes are on you." How can we practically shift our focus from fear and uncertainty to reliance on God in times of overwhelming stress?
3. The sermon mentioned different Hebrew words for praise, such as yadah (to lift hands) and shabach (to shout). How can incorporating acts of praise help you deal with anxiety or stressful situations?

**If It's big enough to worry about,
It's big enough to pray about.**

Prayer

Heavenly Father, we come before You with grateful hearts, trusting that You care deeply about everything on our minds. In moments of stress and anxiety, help us to fix our eyes on You, just as Jehoshaphat did. Remind us that the battle is not ours, but Yours, and that Your peace, which surpasses all understanding, will guard our hearts and minds. As we pause, pray, and praise, fill us with Your presence and lead us into deeper trust and surrender. We thank You for Your faithful love that endures forever. In Jesus' name, Amen.

Leader Tip

Parents, registration is now open for our next Pinecar Derby!