

UNBEIGE

Study #4 Dispelling Anxiety

Matthew 13:22; Philippians 4:4-9

NOTE: If you have not viewed the video, do so first, then come back to these questions.

Questions to ask

1. Does the idea of the second rule - *"The Rule gives you a place to begin following Jesus again, right now, if you've drifted spiritually"* - help you get back on track, or given you confidence in following Jesus again?
2. How well do you feel you know the person and character of Christ? How might this third principle - *"The more you know about the teachings and character of Jesus Christ, the more confident you'll become following him"* - help you on your journey to full surrender?
3. Has anxiety ever discoloured your journey with God turning life into "beige"? How? What key take away did you get from Sunday about how to deal with anxiety? Check out Paul's encouragement from Philippians 4:6-7. In the message version v7 looks like this... *"It's wonderful what happens when Christ displaces worry at the center of your life."* (Philippians 4:7 MESSAGE). Is this true for you? How or why/why not?
4. **"We live out what we have built into our minds"**. How does this quote from neuroscientist and Christian author Dr. Caroline Leaf agree with Scripture (see Philippians 4:7-8; Hebrews 3:1; Proverbs 4:23.). What do you intentionally or unintentionally feed your mind with? Is it Scripture, or something else?
5. *"If you were to put a theme over the whole of Philippians it would be "joy" – specifically "the joy of knowing Christ."* How do you read Paul's exhortation to "Rejoice in the Lord always"? Why do you find that so hard to do, (if you do) especially in the toughest circumstances? How does God's perspective speak into rejoicing in the Lord?
6. Where does the issue of prayer come into your life? First port of call? Last resort? When I have time or can't work out issues for myself? The very air I breathe? Has your perspective changed in the light of Philippians 4:6?