

# GROWTH GROUP DISCUSSION

## CONNECT

(Answer one or both!) What is the most daring thing you have ever done? What made it daring? In what area of your life would you like to know greater peace? Why?

## LEARN & APPLY

What did you learn in this week's worship service? Ask each person in the group to share one or two things that were most impactful to them.

Read Philippians 4:4-7 together.

- Verse 4 says to "rejoice always." Do you think this is realistic?
- Why do you think Paul, who suffered greatly, could say this?
- Verse 6 says "don't be anxious." How does "presenting your requests to God... with thanksgiving" relieve anxiety? Have you ever experienced this? (Note: This is different than medical anxiety. Prayer helps with everything, but this isn't a reason to avoid treatment for anxiety, depression, or other medical issues.)

Read Psalm 130.

- When have you ever cried to God "out of the depths?" (verse 1) What happened?
- How or why do you think God's forgiveness creates awe and reverence? (verse 4)
- Re-read verses 5-6. Are you waiting for God somehow, or waiting for God to do something? Share with your group.

## PRAY

This is a good time to "present your requests to God "with thanksgiving."" What prayers of thanks and need can you pray together? If kids are a part of your group, invite them to join you and speak their prayers aloud as well.