

October 21, 2007

Key Scriptures

Philippians 4:5-7; John 12:27; Colossians 3:15-16

Start It

What people, things or experiences in your life bring you comfort and peace of mind?

Study It

1. What does Paul say about anxiety? What are we supposed to do instead of worrying?
2. How can a believer enjoy the peace of God?
3. What did Jesus leave with His disciples?
4. Why did Paul call on the believers to be peaceful and thankful?
5. Where should the words of Christ live in us?

Apply It

1. Read the following: "At the core of my being, I believe and live like all things are in God's hands and, therefore, all things will be well and, therefore, I can live free of burden, worry and fear." Which part of this statement reflects you the best? Explain your answer.
 All of it (I totally leave everything up to God).
 None of it (I am a control freak and leave nothing up to God).
 Parts of it (Describe which parts reflect you and which don't and why).
 Other
2. Throughout the past week, has worry and anxiety cut you off from the flow of the Holy Spirit? Describe what happened. How could the results have been different if you were not cut off from the flow?

Live It

What can you do this week to experience and enjoy the peace and joy God has promised you?

Memorize It

Psalms 4:8 (NIV)

I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

Study It More

Look up worry and anxiety in your Bible and read the scriptures that you find.