

The Gap: Putting Anxiety In Its Place

October 28, 2007

Key Scriptures

Philippians 1:12-18

Start It

When you were a child what prayers did you recite? Who taught you these prayers?

Study It

1. How was Paul's ministry affected by his bondage?
2. Why was Paul being talked about?
3. How did Paul's incarceration affect the testimony of others?
4. Why did some people preach out of envy and rivalry? Out of love?
5. What made Paul rejoice?

Apply It

1. Explain how important a 100 percent approval rating from people is to you?
2. What do you do in the "one-minute window" of opportunity you are given to cut off the worry and anxiety?
3. If you were facing Paul's predicament, how would you react?
4. Whom do you know who is suffering for their Christian beliefs right now?

Live It

What is your plan to be in prayer and thanksgiving about everything? Who prays for you on a regular basis? Whom do you pray for on a regular basis?

Memorize It

Philippians 4:6 (MSG)

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

Study It More

This week, look up scriptures about Prayer in your Bible.