



EVERGREEN JOY  
**GOD'S PLAN FOR DEALING WITH ANXIETY**  
PHILIPPIANS 4:6-7

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Ben Blakey - Compass Bible Church - February 26, 2023

1. Replace \_\_\_\_\_  
(v. 6)

*Philippians 4:6-7 (ESV)*  
*6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

2. Trust \_\_\_\_\_  
(v. 7)

## APPLICATION QUESTIONS

1. **Read *Philippians 4:6-7***. What things in your life are you most tempted to be anxious about right now? What from this passage & message will help you think differently about these things?
2. Find a Psalm to meditate on and pray through when you are tempted to be anxious this week. Which Psalm did you choose and why?
3. **Read *Matthew 6:32-33***. Jesus contrasts seeking worldly things to seeking God's kingdom and righteousness. When you are anxious, what are some ways you may be desiring the wrong things and valuing earthly things more than heavenly ones? How can you reorder these desires?
4. **Read *1 Peter 5:5-7***. In this passage, anxiety is seen in the middle of a discussion of pride vs. humility. How can anxiety and pride be linked? How can humility help steer us away from anxiety?
5. Spend some extra time this week as a group applying Philippians 4 & 1 Peter 5 by taking prayer requests and casting these anxieties upon the Lord!

### RECOMMENDED RESOURCES

*Here are some books which may help you dig deeper into what we studied today. While Pastor Ben cannot endorse everything about each book/author, he does think these books are worth considering and reading.*

Bridges, Jerry. *Trusting God*. NavPress, 1988.  
MacArthur, John. *Anxious for Nothing*. David C. Cook, 2012.  
Weidmann, Josh. *The End of Anxiety*. Salem Books, 2020.

### PRAYER REQUESTS

Pray that we would replace panic with prayer!  
Pray that God's peace would guard the hearts and minds of this church.  
Pray our middle school students as they head off to Winter Weekend next weekend.  
Pray that 2023 is the most faithful and fruitful year of evangelism in your life!  
Pray that God will provide a long-term home for CBCTV through the Taking Ground project.

### REVIVAL FROM THE BIBLE READING

Date	Old Testament	New Testament
2/27	Numbers 5-7	Mark 14:1-31
2/28	Numbers 8-10	Mark 14:32-72
3/1	Numbers 11-13	Mark 15
3/2	Numbers 14-15	Mark 16
3/3	Numbers 16-18	Luke 1:1-38
3/4	Numbers 19-21	Luke 1:39-80