



The Orchard Church | 20 MacLoughlin Drive, Te Puke 3119 | p +64-7-5738961

Sep 25, 2022 | Antidote for Anxiety | Philippians 4:4-9 | Michael Johnston

Groups & Families Discussion Questions

Follow along with the sermon and use these questions to dive a little deeper with your group, with your families at home or for your own personal reflection.

Sermon Notes: Can you identify the main point, the subpoints and application of today's message?

Memory Verse: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Philippians 4:8

Life Group Questions

1. Conversation starter: Do you have a good/bad/interesting doctors experience?
How did you feel as a result?
2. Is there something in your life that is causing anxiety? (Only share if you are willing)
Have you talked with someone about it?
3. How often do you rejoice in the Lord? Compare that to how often you mull on what it is you are anxious about? Is what your anxious about bigger than God?
4. Read John 8:1-11. Is the way you deal with people filled with grace and filled with truth like Jesus is in this story? How can you improve having your gentleness known to all?
5. How's your prayer life? Is it more petition or thanksgiving? Do you rejoice in the Lord through prayer? Is there a practical way that when you are anxious you are reminded to pray and access the peace of God that is always at hand?
6. Do you have an example from your life where you had cause for anxiety but you stood firm on the truth to 'cure' the anxiety with the peace of God through prayer?
7. Are you better equipped to deal with anxiety? How can we help each other and pray for one other in this area?