

# SERMON DISCUSSION QUESTIONS

## REFRAME: WEEK 7

While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to [southeastchristian.org](http://southeastchristian.org) to join a group in person or online, wherever you are - today!

What are your biggest sources of worry? Make a list of the top five things you worry about. What is it about these things that causes you such anxiety? What do you think these worries reveal about you? Has there ever been a time in your life where these worries accomplished anything?

Read Philippians 4:4-9. As you read these verses, what stands out to you? How does Paul's philosophy on worry contrast with your own? How does it make you feel to know that Paul wrote these words from a prison cell? In what ways does this give his words here added weight?

Bob pointed out that we tend to treat worry as a "respectable sin." Why do you think that is? What are some ways we excuse (and maybe even justify) our anxiety? In what ways do our worries take our attention away from God? How do they reveal a lack of trust in Him?

Do you often think of prayer as the antidote to worry? Why or why not? How do you think praying "with thanksgiving" would change the way you face anxiety? How could it help bring you peace in those moments? What are some ways you can remind yourself that every worry is a wasted opportunity for prayer?

Bob gave us four practical steps to transform our thinking. Are there any of those that come more naturally to you? Which ones do you think would be the most difficult for you to practice? What impact do you think these strategies would have on your anxieties?

Read Matthew 6:25-34. How does worry divide our attention from what's really happening today? How does it take our attention off what God has already given us? What would it look like for you to seek the Kingdom first and trust Him with your troubles?