



# STUDY GUIDE

## ANXIETY & THE PEACE OF GOD

11.17.2019

### [start with prayer]

Missions Prayer Focus this week:  
CVC Missions Development Team

### [digging deeper]

This past Sunday Pastor Josh talked about the “Path to Peace.” He said that the path to peace isn’t merely a spiritual or merely a mental path. Rather, the path to peace is followed in both body and spirit.

In your past, has it been easier to follow in the path of peace with your mind or with your spirit? When you have expressed anxiety to someone, did they counsel you toward the spirit or mind aspect of the path to peace? What do you think our culture emphasizes most? What do you think our church emphasizes most?

Read Philippians 4:4-9.

How are rejoicing (vs. 4) and thanksgiving (vs. 6) foundational aspects of the peace of God?

There are two ditches on the path to peace: one is foolishness and the other is fearfulness. In your past, which side do you err on?

How well are you doing with this command from verse 8?

*“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”*

It seems like entertainment is an area where people fail to think in the way verse 8 instructs. Have you set up boundaries or parameters in your life or in the life of your family when it comes to entertainment? Why or why not?

Read Philippians 3:12-16. How does this relate to anxiety and the path of peace? How is this an encouragement to us to continually struggle in various areas of our lives?

(over)

## **[living it out]**

A Peace Practice is a pattern of daily life that help you exchange our anxiety for God's peace. On a piece of paper, brainstorm Peace Practices.

What one Peace Practice have you implemented in your life has made the most impact? What one Peace Practice do you want to implement?

## **[praying it through]**

Spend some time now in prayer with one another. Read Psalm 91 and use it to pray from.