

*Valley Bible Church – Sermon Study Questions*

**Study Aid for the Sermon from January 18-19, 2003**

**"Be Anxious For Nothing"**

**Philippians 4:6-7**

**Observing the text**

What is the biblical solution to anxiety according to Philippians 4:6-7?

What does it mean to let our requests be made known to God "with thanksgiving?"

How does the "peace of God" surpass "all comprehension?"

In what sense can our hearts and minds be "guarded?"

**Applying the sermon**

Are you currently anxious about anything?

Have you prayed about that concern? Did you find immediate relief from that anxiety? If you did not find relief, can you explain why that might be?

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How would you counsel believers who are struggling to trust God with their anxieties?

Do you believe that it is possible for Christians who have the mental capacity to exercise faith to be totally free of anxiety without depending upon any other resource other than prayer?

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