



STUDY GUIDE

INTRODUCTION

The opening question from the sermon was, “What have your voices been saying to you lately?” Let’s take some time to acknowledge the things our voices say:

- What’s one of the most common things you catch yourself thinking or saying to yourself during a typical week?
- When you hear the phrase “voices in your head,” what comes to mind? Are those voices usually kind, critical, anxious, scattered... or something else?
- Can you think of a time when someone’s voice—encouraging or discouraging—stuck with you for a long time? What impact did it have?

TEXT: *Philippians 4:4–9*

Here are the main ideas the sermon explored from this text.

- “Anxiety” can be understood as a fracturing or “pulling apart” of our inner world.
- Paul’s instruction to “Rejoice, be gentle, present requests to God, and be thankful” contradict this fracturing by giving us things we can *always* do - unifying acts.
- The verb translated as “present,” means to vulnerably reveal yourself to God.
- The verb translated “set your mind” means to give careful and focused attention.

Which of these ideas most significantly impacted the way you think about or practice prayer? What would it look like to carefully set your mind on evidence of God’s goodness? How frequently are you completely honest and vulnerable with God?

YOUR MOVE

What are the most anxious or painful things your inner critic says to you?

What is one practical way you can flood your mind with the good this week?

What is a common circumstance where you want to interrupt your anxiety with prayer?