

INTRO

- Tell of one thing you are currently doing to grow: In your faith? In your career? In your relationships? In a hobby or interest? In any other area of your life?

coun-ter-cul-ture (noun): a way of life, values and attitudes that diverge from the prevailing social norm.

In our Fall teaching series, we look at the way of life Jesus calls us into and how to cultivate it, the result of which bears the fruit of God's transforming power at work in us.

READ

Philippians 4:4-9
Galatians 5:22-23

REFLECT & RESPOND

Anxiety

Though worry and anxiety are nothing new, in the past few years they seem to be on the rise in Canada and around the world.

From Solomon (it is vain to eat the bread of anxious toil - Ps 127) to David (search me...know my anxious thoughts - Ps 139); from Paul (be anxious for nothing - Phil 4) to Peter (cast all your anxieties on him - I Pet 5), and, of course, Jesus himself (do not be anxious about tomorrow - Mt 6), we see God's desire for us is that we would cast our cares on Him - Ps 55.

So how do we live like this? How does the fruit of peace — this peace that surpasses all understanding — grow and flourish in our lives?

The Way to Peace From Philippians 4:

1. The Lord is at hand; do not be anxious about anything.

Qu: Is there something that has recently caused you anxiety or that you are currently worried about?

Qu: Can you or someone in the group think of a scripture or of an attribute of God that speaks

directly to your area of concern? Encourage one another with the Word of God.

2. Let your requests be made known to God. And the peace of God... will guard your hearts and your minds

Did Paul say bring everything to God in prayer and all your problems will disappear? No. He said the God of peace will guard your heart.

Qu: Can you tell of a time when you experienced this peace that surpasses all comprehension as your brought your anxious thoughts to God in prayer?

3. Practice these things, and the God of peace will be with you.

The Apostle Paul told us to practice the things he taught us and we'll encounter the God of peace. What did he teach us? In everything by prayer and supplication with thanksgiving let your requests be made known to God.

PRAY

- with and for one another specifically for those things we are anxious about
- let's pray with thanksgiving, gratefully bring these things to God, expecting his peace to cover us