

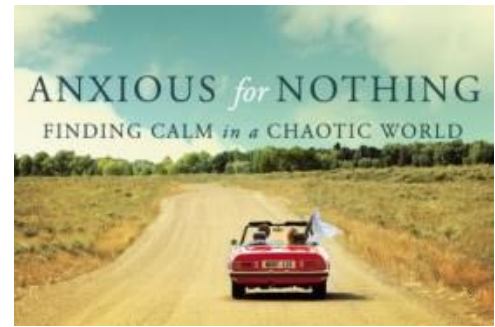


# SPX Small Groups

*Life is Better Together*

Anxious For Nothing: Week 3

October 18: 29<sup>th</sup> Sun. in Ordinary Time



- 1) How has your overall level of anxiety been this week compared to before we started this series? What is driving your anxiety (or sense of peace) this week?
- 2) Corrie Ten Boom asked: "Is prayer your steering wheel or spare tire?" What do you think this question means? How would you personally answer it?  
  
Watch the video now
- 3) What did you most need to hear in the video? What questions did it raise?
- 4) St. Paul tells us "in everything, by prayer and petition, with thanksgiving, make your requests known to God." (Phil 4:6)
  - a. Describe a time when you found a reason to be thankful even though things seemed to be going terribly.
  - b. Why can we be thankful in any circumstance? How do we do it?
- 5) In the video, Max recommended being specific when we pray.
  - a. When you pray, do you tend to be detailed or vague? Why do you think you have this tendency?
  - b. How can you be specific in prayer without telling God that your way is the only way?
- 6) In the video, Max says "what we have in Christ is greater than anything we don't have in life." How is this true in your life? When is it hard to believe?
- 7) Deacon Jim talked about God's desire to have a relationship with us though prayer, but also mentioned that running to Him only when we need something is not much of a relationship. Regardless of whether you have a poor relationship with God or a great one, what is one way you could invest in or improve your relationship with God this week? Or what is one thing you really need from God this week?
- 8) Last time, our closing activity suggested putting a reminder of the Lord's nearness on your phone or someplace prominent. If you did that, did it make a difference this past week?

Closing Activity/Prayer – See Next page

Closing Activity - Use Deacon Jim's PRAY method to end the meeting – allow each person to respond to each step, sharing out loud only if they are comfortable doing so.

"P" - offer praise and thanks to him for all the many blessings he has given you. Try to name one blessing from today.

"R" repent - ask God's forgiveness for your sins.

"A" ask - ask God for what you need at that moment in order to find calm, peace.

"Y" you - end with, "I pray in your Son Jesus name. Amen."

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Bible Study Personal Extra: For those of you who enjoy digging a bit deeper, look up these passages sometime in the next week and think about these questions:

- 1) Read Matt 7:7-8, John 14:13-14, Psalm 91:14-16 What is the promise of each verse?
- 2) Read 1 Cor 15:51-56; Ephesians 2:1-7, and 1 John 3:1-2. According to these verses, why can we be thankful in any circumstance?
- 3) Read James 5:13-16. What words stand out to you? What new insights do these bring? James says the prayers of a righteous person are powerful. When you pray do you believe your words are powerful and make a difference?
- 4) Read Matt 14:22-36. How does Peter make his requests known to Jesus? How does Jesus respond?
- 5) Read Luke 18:9-14. According to this story, what type of prayer is heart-honoring to God?
- 6) Read Phil 4:11-13. How does Paul say he is able to find contentment in all things? What area of your life do you find yourself complaining about most? How can you apply Phil 4:13 to your life so you can find a way to be grateful regardless of circumstances?
- 7) Pray Psalm 136:1-9 as if you had written it.
- 8) Read about Jesus prayer in Matt 26:36-46. How does Jesus prayer exemplify what we have discussed this week? What can you learn from it?

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Video link: <https://www.studygateway.com/online-bible-studies/anxious-for-nothing-study-home/session-3-present-your-requests-to-god/>

Questions and Activities adapted from Max Lucado, *Anxious for Nothing Study Guide*, (Nashville: Thomas Nelson, 2017).