

Community Group Discussion Questions

Moraga Valley Church | Sunday, November 3, 2024

The Joy-Filled Life: A Study in Philippians | “Joy in Anxiety-Free Living”

Read Philippians 4:1-7

1. The sermon quoted, “anxiety is when we live in the future.” How have you experienced this to be true in your own life?
2. The sermon highlighted two responses to anxiety: practicing gentleness and prayer with thanksgiving. Which of these do you find more challenging and why?
3. Paul commands us to “rejoice always.” What makes this command particularly difficult during anxious seasons? What makes it possible?
4. How does knowing that “Jesus is near” - both present now and coming again - change how you view your current struggles?
5. The sermon ended with these two perspectives: resting in what you bring to the table versus resting in what Jesus brings to the table. Where do you typically find yourself resting?