

# Talking to God

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October 4, 2020



**Optional:** Each week during this seven-week series, open your meeting by having one or two group members share their testimony of how God saved them.

**Open:** What are some potential sources of anxiety in your life?

**Read & Discuss:** Philippians 4:6-7

1. What would you consider to be the root source of anxiousness? How are anxious thoughts harmful for the Christian? When does anxiousness become a sin?
2. How would you describe prayer to a new believer? Look up the word "supplication" (v. 6) in a dictionary. How might this definition shape the way we make requests of God? If God knows all things, what is the value of making our requests "known to God" (v. 6)?
3. How does "thanksgiving" play an important role in our conversations with God, especially when making requests of Him (v. 6)? How might it look to be thankful when praying from difficult or painful places? How can we cultivate greater thankfulness in our hearts toward God?
4. Verse 7 says God's peace will "guard our hearts and minds in Christ Jesus." In discipleship, how would you help someone you were mentoring to understand and anticipate the kind of peace God gives? How does the peace of God "guard" our hearts and minds from anxiety?
5. What does it mean that the peace of God "surpasses all understanding" (v. 7)? Share about a time when God brought you that kind of peace.
6. In verse 6 Paul addressed the scope of our prayers when he says we shouldn't be anxious about "anything," but in "everything" to let our requests be made known to God. How could we help others learn to pray in this way?
7. Talking with God should be a regular and intimate part of the life of every believer. If we have fallen out of that pattern, what steps can we take to renew our prayer life?

**Apply:** What can you do this week to improve your communication with God?

**Pray:** Ask God to strengthen your communication with Him. Pray that God enables believers to prayerfully walk in His peace, trusting in His goodness and provision.

**This Week:** So you're prepared to disciple someone, spend some time this week filling in the answers for Chapter 5 (pages 19-22) of *Just for Starters*. Then memorize Philippians 4:6-7.

## **Philippians 4:6–7**

<sup>[6]</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>[7]</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (ESV)