



Sermon Discussion Guide

Oct. 5 & 6, 2024

"Wipe Out Worry"

[Philippians 4:4-7](#)

A healthy relationship with Jesus isn't about perfecting a series of rituals. However, there are healthy habits that Christians can lean into that can help strengthen and deepen their awareness of God's love for them. Join us for this seven-week series as we explore seven habits that can lead to a deeper relationship with Jesus Christ.

PRAY & CONNECT

Open in prayer and invite the Holy Spirit into your conversation. Ask God for wisdom and discernment and trust him to guide you. Take time to recap the message or view it on [HopeOnline.tv](#). Did you have any "ah-ha" moments where you felt convicted, compelled, or inspired during the sermon? What's been on your mind this week? Have you been able to apply the message to your everyday life?

GROW

Read [Philippians 4:4-7](#) - "Final Exhortations"

- What are some things you worry about? Do you struggle with worry? What does this passage say about your worry? What does giving our worries over to God look like? How do we do that? What does prayer have to do with getting rid of worry? How are thankfulness and gratitude related?
- Why is it important to be considerate? What does that do for us? What does it do for others? How does it affect our worry?

Read [Matthew 6:25-34](#) - "Do Not Worry"

- Why does the Bible tell us to not worry so much? Why is it important? What does worry do to us? What does Jesus say to do about worry?

Read [1 Thessalonians 5:16-18](#) - "Final Instructions"

- How are we able to rejoice in all situations? Can you find joy in the low times? How do we do that? Have you ever met someone who had peace and joy even though they were going through difficult times? Where does that come from?

APPLY

Talk with your group members about the things you worry about. Allow them to speak God's truth into your life that he will provide and always has. Spend time in prayer, giving your worries over to God. Then, each day this week, make a list of the things you are thankful for.