

Anxious for Nothing Viewer Guide **Session 3: Present Your Requests to God**

Bible Study and Group Discussion

1. Before everyone shares in the large group, turn to one or two people next to you and finish this sentence: “After watching the video, one question I now have is...|

2. Read aloud the beginning of the story of Peter walking on the water in Matthew 14:22-24. Why do you think Jesus didn’t go with his disciples in the boat?

* What was Jesus doing while the disciples were gone (verse 23)? What does this verse teach about the importance of prayer?

3. Peter’s prayer to Jesus as the waves tossed the boat was not eloquent. It was simple, direct, even desperate. Read Luke 18:9-14. According to this parable, what kind of prayer is heart-honoring to God?

4. In the video teaching, Max stressed the importance of being specific with our requests to God. When you pray, do you tend to be detailed or vague? Why do you think you have this tendency?

5. Read the following passages aloud: Matthew 7:7-8; John 14:13-14; and Psalm 91:14-16. What is the promise of prayer in each verse?

6. In Philippians 4:6, Paul tells us to pray “with thanksgiving.” Throughout his New Testament letters, he continually lists blessing after blessing God has lavished upon us, giving us reasons to always be thankful. Read the following verses aloud: 1 Corinthians 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?

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7. Read Philippians 4:11-13. How does Paul say he is able to find contentment in all things (verse 13)?

- * What area or circumstance in your life do you find yourself complaining about most?
- * How can you apply Philippians 4:13 to your life so that you, like Paul, can find a reason to be grateful in every circumstance?