

Anxious for Nothing Leader Guide Session 3: Present Your Requests To God

Video Teaching Notes

Play the video segment for session three. As you watch, use the following outline to record any thoughts or concepts that stand out to you.

- * Our primary call to action in the fight against anxiety is prayer.
- * When Paul calls us to pray in Philipians 4:6, he uses the words *prayer*, *supplication*, and *request*. The words are similar, but not the same. *Prayer* is a devotion to God. *Supplication* is humility toward God. *request* is a simple petition to God.
- * In Matthew 12:22-36, we see that as long as Peter kept his eyes on Jesus, he did the impossible...but as soon as he looked at the waves, he began to sink. When we shift our eyes off of Christ and onto our anxieties, we, like Peter, begin to drown in worry or despair.
- * Peter's prayer to Jesus wasn't eloquent (see verse 30). It was simple and specific. God cares more about the heart behind our prayers than the words we use in our prayers.
- * There are three reasons why it's important to be specific with our requests to God: (1) a specific prayer is a *serious prayer*, (2) a specific prayer opens the door to *seeing God at work*, and (3) specific prayers *create a lighter load*.
- * Paul also calls us to pray with gratitude in Philipians 4:6. Gratitude is a mindful awareness of the benefits God has provided to us in life.
- * *Christ-based contentment* is the key to finding joy. Since no one can take our Christ away, no one can take away our joy.
- * What we have in Christ is greater than anything we don't have in life.

Watch

PLEASE PLAY THE "Anxious for Nothing" DVD EPISODE #3

While you watch Episode 3, write down notes, questions, or comments you want to bring up in the discussion later.

Grow

In the following section, you will explore Bible passages and take part in discussion to help expand your knowledge on the topic of this session. If time is a concern, please choose just a few of the questions to answer and discuss in your group.

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?