

5. When Paul says “be anxious for nothing” in v. 6 it is a command. What does this teach us about anxiety? Is it an illness we cannot prevent or a temptation that must be rejected? How does the Bible’s teaching differ from the world on this “hot-button” issue?

6. In your own words, what is God’s prescription for your anxiety?

7. What do you learn about God’s care for you when he says “pray to me in everything you’re going through”?

8. Why is praying with thanksgiving so important? Why can’t we have peace without it?

9. What are some other truths about God’s character which encourage you to come to Him in prayer during your struggles with anxiety?

10. How can you start putting these commands into practice today?

