



## SMALL GROUP DISCUSSION GUIDE

# From Anxiety to Peace

Paul wrote Philippians from a Roman prison and prescribed peace anyway. The peace that surpasses understanding isn't the absence of anxiety; it's what stands guard over the heart when anxiety doesn't get the last word. This week we sat with Philippians 4:6-7.

## 01 ICEBREAKER

On a scale of 1 to 10, how would you rate your average anxiety level this past week? No commentary required – just the number.

## 02 READ TOGETHER

### PHILIPPIANS 4:6-7 (ESV)

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## 03 DISCUSSION

- 01** What stood out to you in David's message? Was there a sentence or phrase you wrote down – or kept thinking about during the week?
- 02** Paul wrote Philippians from a prison cell. Does that change how you hear the command 'do not be anxious about anything' – or make it harder to swallow?
- 03** Read Philippians 4:6-7 together. Paul names three practices: prayer, supplication, and thanksgiving. Which of those is most natural for you when you're anxious? Which is hardest?
- 04** The 'peace that surpasses understanding' is described as *guarding* your heart and mind. What do you need guarded right now? From what?
- 05** Try this in the room: name one thing causing you anxiety, and reframe it as a request to God right now in this conversation. (You don't have to share specifics – just notice what shifts when the anxiety becomes a prayer.)

## 04 PRAY

---

*Pray for the anxieties carried into the room tonight – by you and by the person sitting next to you. Ask God to be the peace that guards, more than the answer that explains. Where someone in the group named a specific worry, name it back to God by name.*

## 05 LEADER NOTES

---

Anxiety questions can surface real distress fast. Read the room. If someone shares something heavy, slow down – don't rush to a verse. The 'guard' image in 4:7 is military – God as sentry – and that metaphor has comforted people through real darkness. Don't rush past it. Keep an eye on anyone who goes quiet at question 4; check in with them after.

---

### CHRISTCHURCH MIAMI

*A Faith Family on Mission*

8485 SW 112th Street, Miami, FL 33156

Sundays at 11 AM

[christchurchmiami.org](http://christchurchmiami.org)