



Tri-Village Sermon Discussion Questions

Topic: *Anxiety*

Text: *Philippians 4:4-9*

Service Date: April 26, 2026

Note: The questions are only a starting point for discussion. Don't hesitate to modify, adapt, or highlight only specific ones to fit your group and/or personal study.

Getting Started

- What was something that you worried about as a child that seems trivial now?
 - Is worry and anxiety something that you struggle with? Did Sunday's sermon resonate with you?
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Sermon Discussion

- In Luke 10, Martha's anxiety has biological roots. How can physical exhaustion, lack of rest, or health issues increase anxiety?
- Read Psalm 13:2. David's anxiety is the result of his thoughts. What kinds of thoughts tend to spiral when you feel anxious?
- Why do you think Jesus says worrying cannot add a single hour to our life in Matthew 6? Do you struggle to follow Jesus' command to avoid worrying?
- In Numbers 11, Moses experiences anxiety because he is overwhelmed by the responsibility of leading the Israelites. What circumstances in your life most commonly trigger anxiety?
- When responsibilities begin to pile up in your life, how do you usually respond? What are some ways you have learned to manage the busyness of life?
- Trauma from our past can cause anxiety, like it did for Joseph in Genesis. What does Joseph's story teach us about God working through painful seasons?
- Why is it difficult to trust God again after painful events?
- The Apostle Paul says "The LORD is near!" in Philippians 4. How can remembering God is always with us change how we face anxiety?
- We are told to present our requests to God, but we often ignore those words. Why is it easier to worry than to pray?
- What happens when we specifically name our fears to God?

- Paul says when we pray, we should do so with thanksgiving. Why does gratitude fight anxiety? What is something difficult in your life that you can still thank God for?
 - When we follow Paul's pattern for praying about our anxiety, we are promised the peace of God, which transcends all understanding. How is God's peace different from the world's idea of peace? Have you ever experienced God's peace in a difficult season?
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This Week's Action Response

- In Philippians 4:9, Paul says to put all of these things into practice and the God of peace will be with you. Review the acrostic from Paul's message on Sunday this week and put it all into practice. We need God's presence and peace to navigate this life, so take all of your requests to God this week!

Help Make a Difference

- Looking for ways that your group can serve together? On May 29 and 30, we are in need of **80-120 volunteers** for our Help Build Hope Home Build Project in partnership with Crossroads Mission. **This is a perfect opportunity for groups and families to serve together!** For more information and to register, please visit tri-village.org/homebuild.
- Speaking of ways your group can serve together, your group could volunteer together at the **Fostering Further Car Show on May 9!** For more details and to register please contact Brian Dillon.