

(((UNDER PRESSURE)))

I'VE NEVER SEEN IT THIS BAD

What is it we typically worry about?

1. The _____.
2. The _____.
3. The _____.

Rejoice in the Lord always. I will say it again: **Rejoice!** Let your **gentleness** be evident to all. The Lord is near. **Do not be anxious** about anything, but in everything, **by prayer and petition, with thanksgiving, present** your requests to God. And the **peace of God**, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus. (*Philippians 4:4-7, p. 979*)

Be **joyful** always; **pray** continually; **give thanks** in all circumstances, for this is God's will for you in Christ Jesus.

(*1 Thessalonians 5:16-18, p. 984*)

Growing Spiritually During Difficult Times

1. God desires to grow my _____ about _____.
2. God wants me to _____ with my fears.
3. God has _____ His _____ during uncertain times.
4. God's peace leads to my _____.
5. God's peace protects me from:
 1. _____
 2. _____
 3. _____

LifeGroup Questions:

1. What has been one of the most uncertain times you have faced in your life? How did this affect you negatively?
2. What is your most frequent emotional response to the unknown? Unexpected? Uncertain?
3. Why do you think God wants to change our attitude to rejoicing when we are faced with the unknown, unexpected, or uncertain?

Read Philippians 4:4-9

4. Can you remember a time when God proved the principles of this passage to you?
 - a. What was the result of "being joyful" during difficult times?
 - b. Could you sense the pressure moving from yourself to God?
 - c. How would you describe God's peace?
5. How can your group encourage each other to develop these steps of spiritual maturity during difficult times?