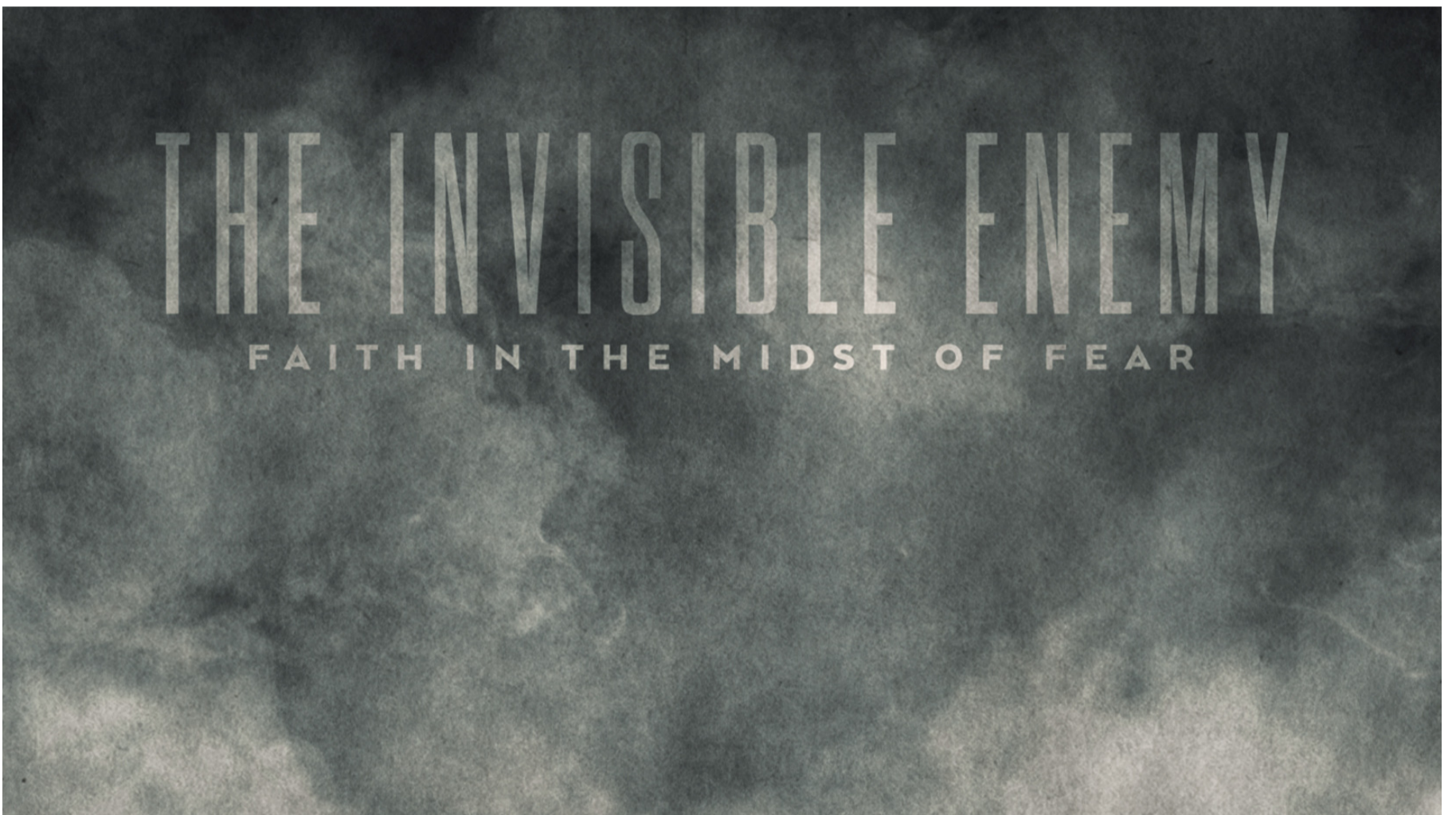


*April 26, 2020*

# NORTH METRO CHURCH

---

## NMC SERMON SERIES CONTENT



### **Series Overview:**

In a world filled with invisible enemies—death, disease, and evil—how are we to face what feels like an unknowable future? What do we do with our anxiety regarding the days ahead? This series is based on Philippians 4:4-8, exploring Paul's encouragement to be anxious for nothing and unpacking what does that mean and how can we take these words to heart, and face the future without fear?

# "THE INVISIBLE ENEMY, PART 2"

---



## **Icebreaker:**

On a scale of 1-10, how much anxiety has this COVID-19 season brought you (1 being no anxiety at all and 10 being totally anxious)?

## **Discussion Questions:**

### **Rob's Main Points from week 2:**

"The presence of anxiety is unavoidable, but the prison of anxiety is optional." – Max Lucado

Don't let your anxiety turn you to despair...let it turn you to prayer!

#### **Main Verse: Philippians 4:6**

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.**

Paul is giving us a progression or path we all need to move towards as we pray for as we face things that cause us anxiety. The progression is prayer, petition and then request.

#### **Prayer**

It means an approach to God through prayer.

Example: "I know you can help me because You're good & You're Sovereign...You're in control!"

**Petition**

It means approaching God and imploring his help.

Example: "God, I need your help."

**Request**

It means to make a specific and clear request of God.

Example: "I need your help and I'm asking for you to help me with this specific thing."

You can't really help with anything until "something" becomes specific.

.....

What types of things bring you anxiety? How do you typically handle anxiety?

What did you learn about how to deal with anxiety from Rob's message?

Read the following passages and highlight what they teach us about the importance of prayer:

- Luke 11:1-13
- Luke 18:1-8
- Luke 22:31-32

If prayer is so powerful, what does it reveal about us and what we believe when we do not make it our first response, but rather our last ditch effort?

**Read Philippians 4:4-8.**

Reread verse 6. How does prayer help in times of anxiety?

In the teaching, Rob 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?"

In what ways do specific prayers...

- Get to the root issue.

- Increase your trust in God's goodness.

Read Matthew 7:7–8; John 14:13–14; and Psalm 91:14–16. What are the promises found in those passages and how are those promises linked to prayer?

Rob suggested that when we pray, we should anchor our prayers to God's promises. How and why is that helpful?

What promises of God have you prayed (and are praying)?

**Action Step:** Find a promise in God's word that relates the specific concern(s) in your life, and commit it to memory this week. As God's promise settles in your heart, take a moment in your regular prayer time to entrust your concern to the Lord, believing that His promise will prove true.

What questions do you still have about this action step or anything else from the message?

Looking back at this week's teaching and study, is there one thing you'd especially like to remember this week?