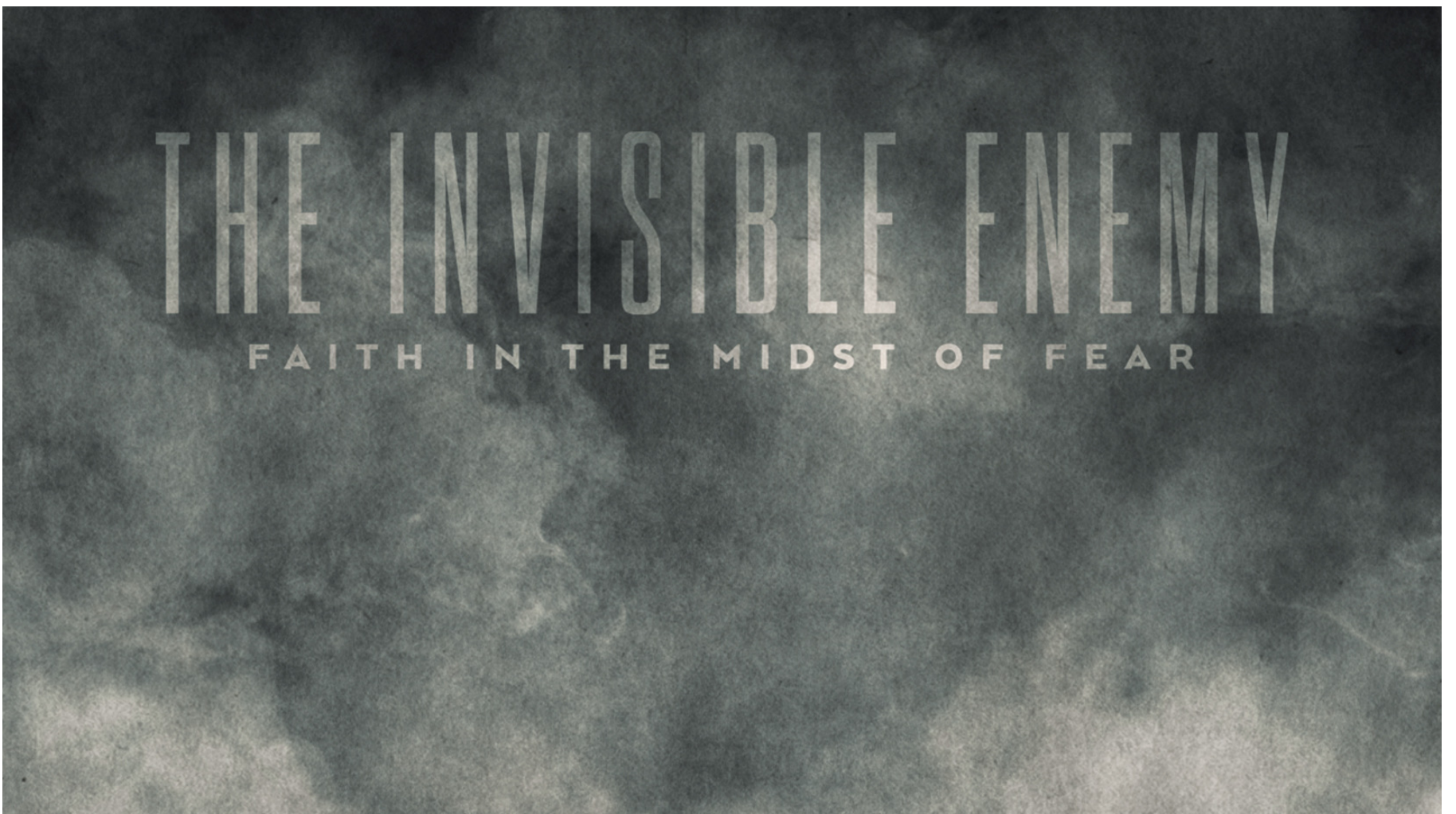


*May 3, 2020*

# NORTH METRO CHURCH

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## 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 3"



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## Icebreaker:

What are you most looking forward to doing when this COVID-19 season is over?

## Discussion Questions:

### Rob's Main Points from week 3:

Main Texts:

**Philippians 4:4-9 / Philippians 1:12-14 / James 1:17**

How to be CALM:

C: Celebrate God's Goodness & Sovereignty (week 1)

A: Ask God and find peace through prayer (week 2)

L: List the things I'm grateful for (week 3)

Happiness does not make you grateful. It is gratefulness that makes you happy.

Grace is what you receive.

Joy is what you experience.

Gratitude is what you give.

As Gratitude goes up...Anxiety goes down.

"As you go through life, make this your goal. Look at the donut and not the hole!"

"Don't forget that whatever you have in Christ is greater than anything that you don't have in life. Don't forget Eucharist. Don't forget that you have grace, which gives you joy, which enables you to have gratitude, which gives you the peace of God that surpasses all comprehension and guards your hearts and minds in Christ Jesus."

- Max Lucado *Anxious for Nothing*

When we hold on to what God has done in the past, we can let go of our fear of the future.

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In this series, we have been learning how to deal with anxiety through remaining CALM. CALM is an acronym for:

**C: Celebrate God's Goodness & Sovereignty**

**A: Ask God and find peace through prayer**

How have you applied these principles to your life? What difference, if any, have they been making in your dealings with anxiety?

This week Rob presented the L in the acronym CALM. **L stands for listing the things I'm grateful for.**

Why is gratitude an important quality in the Christian life? In what ways do you struggle to be thankful?

"Have you ever started a sentence with the phrase if only?"

*If only I could drive a new car instead of this old clunker, then I would be less stressed.*

*If only I could be married, then I wouldn't feel lonely.*

*If only I had more money, then I would be happy.*

The if only syndrome can lead you to conclude that the good life is only one purchase away, one romance away, or one promotion away. It's a lie that can lead you to borrow more money, work long hours, and take unnecessary risks.

The antidote to the if only syndrome is gratitude. Why? Because gratitude forces you to recognize what God has already given to you. While the anxious heart says, "Lord, if only I had this, that, or the other, I'd be okay . . .," the grateful heart says, "Lord, you've already given me this, that, and the other, and I thank you."

What are the "if onlys" in your life today?

What are the "already" in your life today?

*\*This question has been adapted from Max Lucado's "Anxious for Nothing Study Guide."*

Where do you need to celebrate what God is "already" doing instead of focusing on "if onlys"?

Rob said that listing the things you're thankful for and responding with gratitude is absolutely critical for us to experience peace. In doing this, we are reminded of how faithful God has been faithful to this point, which allows us to say to ourselves, "if God has been faithful this far, why would He stop?"  
In light of this, read the following passages regarding God's faithfulness.

**Isaiah 40:31**

**Deuteronomy 31:8**

**Joshua 1:9**

**Psalms 100:5**

**Proverbs 3:5-6**

**Nahum 1:7**

**2 Corinthians 9:8**

**John 8:12**

As you consider these promises, what are three aspects of his character that make you thankful?

A grateful heart can be cultivated, but cultivation requires intentionality. How can we stay mindful of this in our daily actions and prayers?

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?