

Let Your Gentleness Be Evident to All (*Phillipians 4:5*)

Here is a suggested flow of questions and discussion.

1. Intro

- Begin by saying hello. Let everyone introduce themselves and perhaps answer the question, “What interested you in this study? What do you hope to get out of it?”
- *If you have time, you could do an ice breaker question like: “This week, in our sermon, Joey talked about being a people pleaser and not wanting to say no. Have you ever made a situation worse simply because you couldn’t say no? **This should be less than 10 minutes.***

2. Watch the video.

- *You could take some limited time to ask, “What jumped out at you in the video and why?”*

3. Application Questions

- a) Max Lucado talks about anxiety management like pulling root systems out of the ground. Some of the patterns we’ve set in reacting to our anxieties have been ingrained. What have you noticed about yourself and how you react to anxious situations?
- b) Have you ever doubted God’s nearness? Talk about a time you thought God was too far away or had forgotten about you?
- c) Talk about one or two worries in your life that are currently weighing you down. Because God is near, you can face every worry with gentleness. How might you demonstrate gentleness (being calm and reasonable) in each of these struggles you talked about.