

TALK IT OVER

How is everyone doing right now? Do you have any needs? (Push a little here. Everyone is dealing with the virus and isolation so make sure you know how your people are doing. Prescriptions for antidepressants have risen 34% since early March. This is a hot button topic right now. Be gentle.)

Read Matthew 14:24-33 and Philippians 4:4-7 (On 2nd page. It's in the NLT version but feel free to read from a different one.) Once you've read the passages ask these questions:

- What new thing did you discover in the story that you did not know before?
- What did you learn about God? (Joe talked about how God's peace guards us. He talked about elite guards and junkyard dogs. Have you ever thought about God's peace in those terms? Does knowing that God is surprised by anything bring you comfort? Why/why not? Why do you think Jesus didn't just stop the storm? Why did he allow Peter to come to him before stopping it? What does this tell us about Jesus and how he cares for you?)
- What did you learn about people? (Joe said anxiety isn't a sin it's a signal. Yet so many of us ignore warning signals. Why do you think we do that? Joe said that Paul gave us two ways to go to God: Prayers & Petitions. One is an act of worship and the other an urgent request. Which do you do the most? Which do you need to work on? What do you think about God guarding you so ferociously? Does anyone resonate with Peter's "Save me" cry?)
- What will you take away from this discussion?
- What will you do with what you have learned? (How will you pray differently? How will knowing how God's peace guards change your perspective? How can you start using prayer to defeat the enemy and anxiety? **IF ANYONE NEEDS TO BE PUT IN TOUCH WITH A MENTAL HELP PROFESSIONAL CONTACT ONE OF THE STAFF IMMEDIATELY**)
- Is there anything else you wanted to share that we didn't hit in this discussion?
- Next week make sure to read Acts 16:16-34, Philippians 4:4-7. Think through the questions we ask weekly as you read.

Encourage your small group to do a watch party on Facebook with the LIVE Sunday service for our series ***Anxious for Nothing*** this Sunday. Ask them to invite coworkers and friends to watch with them at 10:10. Also, make sure to comment as you watch on the feed to encourage community and discussion.

Make sure to check in with your SG this week. We are all going through a lot. How can you pray for them? This is where the discipleship aspect comes in. Work towards identifying your 3 (that you can really pour into) and then your 1 (that person that will replicate what you're doing now). Take a few minutes each day and make a text or phone call to everyone in the group.

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Make sure to read ahead of time and either retell the story or have someone (multiple people) help you retelling the story. Make sure to use your update with points from Joe's sermon.

Matthew 14:24-33 New Living Translation (NLT)

²⁴ Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves.

²⁵ About three o'clock in the morning^[a] Jesus came toward them, walking on the water. ²⁶ When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"

²⁷ But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!^[b]"

²⁸ Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water."

²⁹ "Yes, come," Jesus said.

So Peter went over the side of the boat and walked on the water toward Jesus. ³⁰ But when he saw the strong^[c] wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.

³¹ Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?"

³² When they climbed back into the boat, the wind stopped. ³³ Then the disciples worshiped him. "You really are the Son of God!" they exclaimed.

Philippians 4:4-7 (NLT)

⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.^[a]

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus