

Sermon Based Study - Gateway Groups, Merced

"Bond Together/Grow Together"

For the week of 6-11-2023

For You as the Teacher/Host

Remember to begin each Small Group session with a word of prayer. Please keep in mind that the purpose of this curriculum guide is to cultivate a deeper relationship with the Lord and each other through conversation that intentionally engages the weekly message.

Quick Review Discuss the message briefly. Did anything challenge or confuse you?

Opener Question or Activity: Describe a time when you were most anxious, and how that anxiety impacted you or helped your situation.

Sunday's Main Scripture Text: Philippians 4:4-7

Digging Deeper: *(Teachers/leaders, feel the freedom to not ask every question.)*

1. When it comes to prayer, who have been the people in your life who you find to be prayer "warriors"? Why is that or what disciplines made them that way?

Read Philippians 4:4-7 together

2. What are the things Paul tells us to do, specifically, in these verses?
3. What is it that will result from our "doing" these things?
4. What are the hurdles in life to keep us from rejoicing always(vs. 4)?
5. Discuss why Paul would tell us to rejoice in the Lord and how rejoicing helps us move towards God in prayer.
6. If you are an anxious or fearful person, how would praying help you? How would thanksgiving be a part of this, as Paul states in vs. 6?
7. Have you ever experienced God's peace when in an anxious time(vs. 7)? Did you have a specific prayer time which included thanksgiving in order to walk through that season?
8. Think about how God is always with us. How can you keep Him at the front of your thought life and prayers better, in the coming weeks and how will this exercise help you become more at peace with Him and your circumstances(vs. 7)?

Apply it today: Looking back over this week's teaching, what is most important for you to remember and why? How will you grow in the area you have identified?