

Discussion Questions

June 14 – June 20

If you missed the weekend sermon, you can find it here:

<https://www.biblechapel.org/sermons/>

1. It's your birthday and your friends are going to take you to your favorite eating establishment. Where are we going and what are you ordering?
2. After your birthday meal, we are headed to get your favorite dessert. Name the spot and your favorite think on the menu.

Paul writes that worry and anxiety can be confronted by praying, thinking, and acting. Let's consider these three strategic spiritual steps.

3. **Pray.** How do you keep your conversations with God consistent, real, and intimate?
4. **Think.** Paul provides eight broad topics for us to focus our minds. Drill down on the broad topics. How do you discipline yourself to think about things that are true, honorable, just, pure, etc.?
5. **Act.** A lack of meaningful spiritual action leads to self-absorption. What do you do to stay other's focused?

