



Philippians Part 8: "Anxious for Nothing"

1. Read Philippians 4:4-9. How would you define biblical joy?
 - a. How can you rejoice even in the midst of trials or disappointments?

2. What sorts of things occupy your mind? How does your preoccupation with these things affect your relationships? How does it affect your peace and joy or your relationship with the God of peace?
 - a. When you feel anxious or depressed what do you normally do to feel better?
 - b. What would it look like for you to intentionally use prayer and your thoughts to fight for joy and peace like Paul is describing?

3. What about Jesus' person and work is most joyful to you?
 - a. In what ways have you experienced God's work in your life that you are grateful for?



Acts 1:8, *"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."*

1. How did Tabitha serve others? Why did she serve others?

2. How was Peter able to raise Tabitha from the dead?

3. True or false:
 - a. *God loved Tabitha more after she helped others.*
 - b. *God loved Peter more after he made Tabitha alive again.*
 - c. *God loves me more when I help people.*

4. Why do you help friends, family and even people you don't know?

5. Can you think of someone who needs help? How can you help that person this week?