

## Sermon Based Study - Gateway Groups, Merced

*"Bond Together/Grow Together"*

**For the week of 9-12-2021**

### 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** What kind of things or people cause your blood pressure to rise in a good way? In a bad way?

**Sunday's Main Scripture Text:** Read out loud Philippians 4 - Freedom From Anxiety

### Digging Deeper: .

1. Look at vs 4-7. There are two concepts: "prayer" and "supplication/petition/pleading." What are the things that lead to anxiety with many people? How important is peace in relation to anxiety? What do these verses say about how to have peace when needed?
2. Look at vs 8-9. What is the teaching here as a way to escape stress and usher in peace? Have you ever done this? Has it been easy or difficult?
3. Read Luke 6:11-12. Why would Jesus need to pray all night? We all know we need to pray but what is it that the scriptures are saying to you, to do, about prayer?
4. Read Isaiah 40:28-31. What hope do you find in this passage? What are the verses, phrases, or words that you see which bring about the presence and peace of God? When do you need these promises most?
5. Look again at these questions. Are you getting any new ideas about what leads to peace? How can you apply this to your life this week?

### 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?