

## NOTES

### GRATITUDE IN ANXIETY

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### DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

- 1 . What's the difference between being thankful for all situations and being thankful in all situations?
- 2 . Describe a time you experienced the peace of God during a situation that could have produced anxiety. How did you arrive at that peace?
- 3 . What are some things you have found helpful, or things you'd like to try, to do what it says in Philippians 4:8?
- 4 . In Philippians 4:9 Paul said, "Whatever you have learned or received or heard from me, or seen in me—put it into practice." How would you feel about saying that to someone?