



Sermon Study: Stress Out

Philippians 1:12-26

November 27, 2022

Lean In: Share one thing that caused stress for you this week and how you reacted to it.

Look In: Read Philippians 1:12-26 aloud together, and write verse 20-21 in your journal.

Look Back: What stood out to you most about this week's teaching? What questions do you have? What encouraged you? What challenged you? What comforted you?

Take it Deeper:

1. In Philippians 1:12-14, there is a series of cause and effect events. What is the chain of reactions that Paul describes? What is Paul's main concern? How does this compare with your main concern when you are experiencing less than ideal circumstances?
2. What 2 things did Paul believe were sustaining him through this trial? What do you believe sustains you? Hard work? Hustle? A good diet and exercise? A positive outlook? How does your perspective on where your provision comes from change the way that you handle stress?
3. In verse 19, what is Paul absolutely confident about? What was Paul modeling to the Philippians believers with his response to hardship? How does his attitude show what he believes about God?
4. Paul is not worried about his circumstances and he is not worried about other preachers "getting ahead" of him in status. (See verses 15-18) How does worry about status play out in your life? How much of your mental energy is taken up comparing yourself with the status and position of others? (In your work? Your neighborhood? Your friend group? Your kids' activities? Your possessions?)
5. How does God's sovereignty coincide with our responsibility when it comes to how we deal with our stress and worry? How does knowing God is in control help you to take control of your mind?

Look Up: *Search me, O God, and know my heart; test me and **know my anxious thoughts**. Point out anything in me that offends you, and lead me along the path of everlasting life. (Psalm 139:23-24) Teach me your way, Lord, that I may rely on your faithfulness; give me an **undivided** heart, that I may fear your name. (Psalm 86:11)*