

Week 1 | Why Non-Anxious Discipleship?

TEXT: PHILIPPIANS 4:6

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (NIV)

DISCUSSION QUESTIONS

- When you hear a verse like Philippians 4:6 (“do not be anxious”), what actually happens inside you: does it bring peace, pressure, or something else? Why do you think that is?
- The video suggests that vague, high-stakes spiritual language (like “discern God’s will” or “hear God’s voice”) can increase anxiety. Where have you experienced that kind of pressure in your own faith, or in a church environment?
- Have you experienced spiritual burnout? What contributed to it? What helped, and what didn’t help?
- What would it actually look like in your daily life to focus more on Christ’s faithfulness instead of your own performance?

