WEEK 1: THE ANATOMY OF ANXIETY
01/10/2021

SCRIPTURE
PHILIPPIANS 4:4-9, 12-13

BACKGROUND
Philippi was a city with a high percentage of Gentiles and a military retirement location for veterans. It was the place where Paul and Silas were beaten and put into jail for casting an evil spirit out of a fortune-telling enslaved girl. Their jail cell and shackles miraculously opened as Paul and Silas were praying and praising God with hymns.

Philippi was also the location of Lydia, a merchant of beautiful purple linen cloth. She and her household believed and worshiped Christ, was baptized and followed Paul’s teachings. This letter for the Philippians was written by Paul in imprisonment, thanking the Philippians for their faithful relationship and urging them to continue their walk in Christ and sharing the gospel.

The Philippians were going through number of struggles. They were going through internal anxiety, where two leaders, Euodia and Syntheche, are quarreling and were not in the same mind as in Christ. They were also going through external opposition that caused them to suffer, as new Christians were suffering for their religious beliefs at the time. Also, there had been “workers of evil” who taught wrong beliefs about Christ, leading people in the wrong direction.

REFLECTION QUESTIONS
1. If you watched the sermon this week, what thought stood out to you the most? Why?
2. What were some of the struggles that were responsible for Philippians’ anxiety?
3. What does it look like to be anxious? Where do you see anxiety in your life? What does anxiety look like in other peoples lives when you see it from the outside?
4. If anxiety was a giant monster, what would it look like? What would it be made out of?
5. As Christians, how are we called to respond when we face anxiety?
6. Why would Apostle Paul change his initial claim that he has “learned” (manthanó) to be self-sufficient in verse 12, to “have found out” (mueo) that he can do all things in Christ in verse 13?