

## **It Changes Everything**

Main Scripture: Philippians 4:4-9  
Additional Scripture: Colossians 3:2, Hebrews 2:10

### **Hearing: Discussion Questions**

- Pastor Matt gave two examples of people in his life that trusted God and how drastically it changed his life. Can you think of other examples in your life of people who trusted in God in “Upper Room” times in their life? What effect did that have on you?
- **Read Philippians 4:4.** How does viewing rejoicing as a command change the way you view this verse? Discuss with the group.
- **For Fun** - Tell some stories about the ridiculous things you have done when you were madly in love with someone (preferably your spouse!)
- How does being madly in love with God affect the way you go through hard times in your life? Would it make any real difference if you see your life as a long song to God?
- **Read Philippians 4:6.** How do you present your requests to God with prayer, petition, and thanksgiving? What does that look like to you? (Use this time as a way to share different ways that people relinquish their fears to Father)
- **Read Philippians 4:8, Romans 12:2, and Colossians 3:2.** Why is it so important to think about Godly things? What are the good things that come out of this discipline? What are some bad things that happen when we don't?
- Pastor Matt brought up the point that Upper Rooms in our lives can sometimes be our most powerful witnessing tool. How does that change your perspective on going through hard times and how you are going to respond to them?

### **Doing: Application**

- Have a special prayer session for people in your small group that are dealing with anxiety. Read through Philippians 4:6 and have them give their situation and anxiety to God through prayer, petition, and thanksgiving. Then read through Philippians 4:7 and pray for freedom from anxiety, fear, and worry to be given to God and replaced with the peace of God that transcends all understanding.
- Pastor Matt's underlying theme for his entire message was that when you trust God, it changes everything. Break up into small groups and discuss the upper rooms in your life and talk about how trusting in God would look like in each of those situations. Think of practical steps you can take that will help you trust Him more in these situations.