



new life fellowship

Sermon Title: **Life Beneath the Surface - Anxiety**  
Speaker: **Sherin Swift – Connections & Equipping Pastor**  
Scriptures: **Philippians 4:5-7**

<sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

#### **Sermon Summary:**

Everyday we navigate a world that induces anxiety at every turn, and it takes a toll on our inner world. How does it influence us below the surface? How do we follow Christ well in the midst of so much anxiety? This Sunday, Pastor Sherin will continue our series, Life Beneath the Surface, exploring what the Bible teaches us about managing **anxiety**.

#### **Sermon Questions:**

1. Take time to slowly read and contemplate Philippians 4:5-9. What stands out to you?
2. Where in your life are you currently experiencing the most anxiety? (ex. work, family, health, finances, school, relationships, etc.)
3. How have you noticed the level of your anxiety impacted when you turn consistently to God in prayer? How does a posture of gratitude toward God in prayer affect your perspective?
4. Who is a person in your life whose gentleness and non-anxious presence in times of anxiety have made an impact on you and others around them? Share more about that experience and what you think enables that person to bring a presence of peace.
5. Steve Cuss says that “play displaces anxiety.” When can you create space for prayer and play this week as alternatives to dwelling in your anxiety?