

20211205 How to let the peace of God
guard my heart and mind
Philippians 4:6-7

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1. What is anxiety?

2. Why are we anxious so easily?

3. What does the Bible say about the peace of God?

4. What makes us free from being anxious?

5. What is required for us to come to God?

6. What is prayer?

7. How do we experience the peace of God?