

Series: C.A.L.M. in the Chaos

Title: Rejoice and Relax

Speaker: Bob Marvel

Date: April 7-8, 2018

It seems fair to say that there is an epidemic of anxiety in the United States.

“The average child today exhibits the same level of anxiety as the average psychiatric patient in the 1950s.” – Michael Leahy, “Anxiety Free”

“Stress related ailments cost the nation \$300 billion every year in medical bills and lost productivity.” – Taylor Clark, “It’s Not the Job Market”

Amazon reports that Philippians 4:4 is the most highlighted text on Kindle.

1. What is it about living in our culture that makes us more anxious than others?
2. Read Philippians 1:12-17, 28-29. Describe the general circumstances and the background to the Book of Philippians and why it’s an especially good book to help us battle anxiety. Think of as many specifics as you can.
3. What’s the antidote, what do we focus on to combat anxiety?
4. What exactly is rejoicing in the Lord? See also John 16:33. Describe it. How do you do it?
5. Isn’t it irrational to rejoice in the Lord *always*, when awful things are happening to you?
6. In Philippians 4:4 Paul tells us to “let our forbearing, or gentle, or patient spirit be known to all men, in the midst of our stress. How did Bob define and describe that hard to translate word?
7. Bob noted that Paul’s command to rejoice in the Lord in Philippians 4:4 is a present tense imperative. Can someone in your group explain that? Do you think joy comes naturally or is it something you have to fight for, or what?
8. What was Paul’s experience rejoicing in awful circumstances? In Bob’s message he acted out a number of instances where Paul responded and rejoiced by saying, ‘Hey’. Anyone remember some of these?
9. Along that line how did bob relate the idea of “Aloha” to rejoicing in the Lord? Philippians 4:4.
10. What does it mean that “the Lord is near?” How does that help?

Over

11. What does C.A.L.M. stand for?

Want to see how a young mom who adopted 13 children handles stress? Read Katie Major's book to find out how she rejoices in the Lord, always. Highly Recommended

