**Sharing Peace**

What is worry? When do we worry?

What are you worried about right now? What makes you anxious?

How successful are you in dealing with your worry? What do you do to fight against it?

Read Philippians 4:6. Instead of spending time and energy being anxious, we are supposed to do what?

Does prayer really help when we worry? How? Has it helped you? Explain.

Read Philippians 4:7. What is the peace of God? What characteristic does it have?

What role does the peace of God play in our emotions (heart) and thinking (mind)? Explain how this works. Have you experienced it personally?

Is it possible to be done with worrying once and for all? Explain.