



Plant • Grow • Harvest | Home Group Guide

“The Joy in Peace” | The Happiness Habit Week 5, Philipians 4:4-9– Mark Sorensen

Plant

- Read Phil. 4:6-7
- Mark talked about how worry and anxiety can be like parking brakes that keep us from moving forward. Right prayer, right thinking, and right living are like levers that we can pull to lift the brake. **Where did you first learn to pray? According to the verses we read, what does Paul think prayer does?**
- Question from Corrie Ten Boom, “Is prayer your steering wheel or your spare tire?”
 - **In other words, does prayer go before and shape your experience or is it in response to your experience** (there is no shame or judgment here!)

Grow

- Sorensen said that 40% of what we worry about never happens, 30% we can’t change, 12% is needless, 10% is miscellaneous, and only 8% is real. Think about the things that you tend to worry about. **Would you consider this to be true for you? What do those percentages look like for you?**
- Read Proverbs 4:23, Isaiah 26:3, Phil. 4:8
- **What comes to mind for you when you read what Paul tells us to keep our minds on? How can we intentionally focus on these things more?**

Harvest

- Read Phil. 4:9 & Matt. 7:24-27
- Paul says that we have to put his teaching into practice for it to mean anything. Jesus says the same thing. **What has God been putting on your heart lately? How have you (or can you) put what He’s calling you to into practice?**
- Read Acts 16:25-34
- **What happened when Paul and Silas had right praying, right thinking, and right living in their circumstance? What might happen if you do?**

Prayers

Share prayer requests and follow up on some of the requests from previous weeks.