



Living in Victory Part 2: Spiritual Growth Notes

## **KEY VERSES**

“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life” (Philippians 4:6-7).

### **DISCOVERY QUESTION**

Read Philippians 4:6-7. Worry comes to us all at different points in our lives. We don’t have to continue to worry instead there is something else that we can do. What is it? What will happen to you as a result? What does Christ do to the worry in your life when you pray?

---

---

---

---

### **LIFE REFLECTION POINT #1**

Philippians 4:5 reminds us that “the Lord is near.” Why might this truth be important when we are

experiencing troubling things? Worry builds and we can allow it to bring us to the place of being troubled. Philippians 4:6 says, “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” “With Thanksgiving” is (meta) (eucharistia) in Greek. Meta means after and eucharistia is the word we get communion from. What this is telling us is to worship God for all your spiritual blessings in Jesus before your requests. How do you think giving God thanks before presenting your needs to God will shift your prayers?

---

---

---

---

## **LIFE REFLECTION POINT #2**

Write down a prayer request that you have. Now, what might you give God thanks for before presenting that request to God? How might you thank God for working on this need?

---

---

---

---

---