

**AMPLIFY our Weekly Message / 5.2.21**

These **discussions** and recommended **spiritual practices** are designed to help **AMPLIFY** the impact of our Sunday morning teaching from God's Word. Choose the ones that fit best in your context.

**Sunday Discussion**

**This is designed to be an extension of our Sunday worship service. Take a few minutes to have this conversation with those who watched the worship service with you. If you watched alone, give another friend who watched alone a call and have the conversation over the phone.**

What is something you're prone to worry about?

Share something that was said or sung in the worship service that resonated with you.

Take a moment to pray with and for the person with whom you just shared.

**Daily Discussion**

**These are intended for conversation around the dinner table, in the car, or before bed at night (designed for ages 7 and up). Start each conversation by reading the passage listed.**

**Monday:** Philippians 4:6-7. Name a few things that tend to make you anxious.

**Tuesday:** Philippians 4:6-7. Name some things that you often find yourself praying for others. What about for yourself?

**Wednesday:** Philippians 4:6-7. What is an example of how you can be thankful to God in the very moment you are feeling anxious?

**Thursday:** Philippians 4:6-7. Presenting our request to God is acknowledging our need. How have you found this both difficult and freeing?

**Friday:** Philippians 4:6-7. Describe a time when you felt God peace that transcends understanding.

**Saturday:** What part of Philippians has been particularly meaningful to you recently?

### Weekly Discussion

**Spiritual friends are those who intentionally move into one another's life to spur one another on in spiritual growth for the Glory of God.**

1. What's something you've been talking to God about a lot recently?
2. How has God encouraged, challenged or corrected you recently?
3. What's a way that you believe God has used you recently or wants to use you this week?

**What follows are some spiritual practices that we believe could feed your soul and advance His Kingdom this week.**

### An Inward-Focused Spiritual Practice

**Daily spiritual discipline** – Take time to commit to memory this week Philippians 4:6-7. Write it down on a card where you can read it/notice it/be reminded of it often. Repeat it to yourself as you drive along the road or as you walk your dog. Think carefully about every word and phrase that you are saying each time.

Consider this comment from Walter Hansen: "This continuous positive focus on God through prayer and thanksgiving to God in everything breaks and replaces the habit of worry with the habit of trust." Your meditating on this passage can develop in you habit of trust and begin breaking down a habit of worry.

**Try the following exercise at different points this week:**

List a few things for which you feel anxious.

Take a moment to acknowledge before the Lord these things in your life that are causing anxiety and consider as well some things in the lives of your loved ones that are causing them anxiety.

List a few things for which you are thankful to God even in the midst of these anxiety causing matters.

Take a moment to acknowledge your desperate need for God amidst these matters.

Make a list of the ways that God might possibly be present and at work in the midst of these matters.

Consider how He is protecting you, providing for you, speaking to you, or comforting you.

### An Outward-Focused Spiritual Practice

Seek to love those God places in your path. Be intentional to share Jesus's love through word or deed with them.

With the love of Jesus in view, reach out to a neighbor or co-worker or someone in need.

Get involved with one of the Shalom of the City outreach initiatives:

<https://www.covenantpc.org/ministries/shalom-for-the-city/>

Get on our weekly prayer email and start lifting these prayers and praises up to the Lord.