

## **Hope Echoes Week 5**

### **Hope Echoes through Anxiety**

Text: Philippians 4:4-9

Purpose: Everyone experiences anxiety. Some experience chronic levels of it. The hope of heaven meets us in our anxious moments.

Opening Interaction: What's one thing that always brings a smile to your face, no matter how tough your day has been?

Read and Discuss: Philippians 4:4-9

- In this passage, what details seem important? What jumps out at you?
  - What is the author communicating to his audience?
  - What does this passage teach us about God?
1. Is anxiety something that you experience? If so, are you willing to share what that's like for others? What kinds of things often trigger it for you?
  2. What effect does naming and talking about anxiety have for you?
  3. Where does hope show up for you in your most anxious moments?
  4. What are some ways you can rejoice even in the midst of experiencing anxiety?

Close in prayer

Announcements:

- Tuesday Night Studies & Classes start Feb 6 (first session) and March 12 (second session). Learn more and sign up online: [calvary.church/adults](http://calvary.church/adults).
- Spiritual Gifts Class - February 10 from 9AM - noon. Register online: [calvary.church/adults](http://calvary.church/adults).
- Lead Pastor Search – The Search Team continues to meet together. Vanderbloemen has received multiple qualified applications. Please be praying for our Search Team as they begin to review applicants, watch sermons, and begin interviews.
- Financial Update – Check out our website for monthly finance updates at [calvary.church/give](http://calvary.church/give).