DO NOT BE ANXIOUS · PART 2

The Peace That Guards

Caleb Stroud · Philippians 4:4–9 · 6 questions, about 36 minutes

BIG IDEA

God’s peace stands guard over people who turn every care into a prayer.

OPEN UP

1 Where do you do your best worrying: in the car, in bed, or in the shower?

READ TOGETHER

Read Philippians 4:4–9 out loud.

TALK IT THROUGH

2 Philippians 4:4 locates joy in the Lord, not in the circumstances. Pastor Caleb said Paul’s Savior “is in the cell with him.” Where do you need to hear that this week?

3 Philippians 4:6 says nothing and everything. What is one care you have been carrying instead of turning into a request?

4 “You may have peace before you have answers.” When has that been true for you?

5 Philippians 4:7 says God’s peace will guard our hearts and our thoughts. How does that promise help when you feel anxious?

6 Romans 8:28 does not say all things are good. What is the difference between that and saying God is at work in all of them?

LIVE IT OUT

When a worry comes this week, say it to God out loud, then name one thing you are thankful for before you say amen.

CLOSE

Close by praying Philippians 4:7 over the person on your left.

Approved by Caleb Stroud Approval fingerprint 10ede90f86e990

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Sunday worship at 10:30 · redbudfellowship.example

FAMILY TAKE-HOME SHEET
Sunday, November 8, 2026

DO NOT BE ANXIOUS · PART 2

The Peace That Guards

Caleb Stroud · Philippians 4:4–9

THIS SUNDAY

When we are worried, we can tell God about it, and his peace will guard us.

READ IT TOGETHER

Philippians 4:6–7

A SENTENCE TO REMEMBER

> *“He says turn every care into a request.”*

Caleb Stroud, in this sermon

TALK ABOUT IT

1. Younger kids: What is something that worries you? Who can you tell about it?
2. Older kids and teens: Philippians 4:8 lists things worth thinking about. What do you rehearse in your mind most days?

DO ONE THING THIS WEEK

At bedtime this week, each person says one worry to God out loud, then names one thing they are thankful for before saying amen.

Approved by Caleb Stroud
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