

**Wellness Wholeness Holiness**  
**“Finding Peace”**  
**Philippians 4: 6-7,10-13**  
**October 19, 2025**

**Sermon Points:**

- 1. Anxious worries can dry up the bones.**
- 2. Finding peace is possible despite our chaotic world.**
  - Jesus's cry of agony and trust.
  - The torn veil: God's power opens the way for us.
- 3. We can manage by:**
  - Taking care of ourselves
  - Applying coping strategies
  - Seeking professional help if needed
  - And above all, finding peace and strength from Him above

## **Discussion Questions**

### **1. Self reflection:**

1. Have you ever been anxious or worried about anything?
2. Do you know why you felt like this?
3. What effect (for example, emotionally or physically) did it have on you?
4. Did anything make it feel better or worse?

### **2. Coping with worries:**

5. How did you cope before?
6. How would you cope from now on?
7. Are there any difference between the two?

### **3. Biblical application:**

8. What Bible verse(s) come to your mind when you seek strength and comfort in Him? how does it change you? Let's share.

