



RADiation *Worksheet*

Reflection | Application | Discussion

Week of January 29

Christ offers us the strength to cut ties with the things that pull us apart.

DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

What has God done that you are thankful for this week?

What are you worried about?

SCRIPTURE

[Philippians 4:6-9](#)

(Read these verses on your own and aloud as a group.)

REFLECTION

What stands out to you the most from this passage?

What are some of the action steps Paul gives to help the Philippians (and us) switch away from worry and anxiety?

APPLICATION

How can you tell when someone is struggling with anxiety, depression or suicidal ideation? At what point is it appropriate to suggest professional help? (If you or someone you know needs help, 988 is the Suicide and Crisis Lifeline.)

“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise” (Philippians 4:8b (NLT)). How will you apply these instructions to your life?

NOTE: It’s the second week of Small Groups! Make sure to finish going through the [Small Group Covenant](#) together if you haven’t already. Discuss possible ideas for your social and service project.