



Rock Church
Pastor Travis Gibson
The Secret to Finding Peace

August 22, 2021

Monthly Discipleship Focus for August:
Values making disciples that multiply.

On Sunday, Pastor Travis spoke on the topic of anxiety and depression. Not only is everyone dealing with the impact of the pandemic, but also with several rhythms of life. “Anxious” and “Depressed” are not your names, but a signal that something is off. Knowing there are things that are taking you off course, it’s important to know what keeps us on track with God, remembering that prayer must be our first response and not our last resort.

Read Philippians 4:4-13 and respond to the questions or statements listed below:

- **Prayer replaces worry.** (Matthew 6:27, 34) What we worry about most, reveals where we trust God the least. Share one thing that you are most worried about.
- **Prayer releases control.** (Philippians 4:6, 1 Peter 5:7) It can’t be God’s problem and your problem at the same time. What is something you need to release to God right now?
- **Prayer regulates thinking.** (Philippians 4:8, Colossians 3:2) Lots of things like our phones, movies, news, and other activities distract us from the things above. When and where do you do your “best” thinking?
- **Prayer rejects the enemy.** (Luke 10:17-19) Jesus has given us all access to His power and authority. Name something that would seem unexplainable that you have recently overcome.
- **Prayer relies on Jesus.** (Philippians 4:13) We can do all things through Christ who gives us strength. Share your “go to” worship song that draws you in to God’s Presence.

This Month’s Memory Verse from Matthew 9:37 NKJV

“Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few.”

This Week’s Bible Readings & Bible Project Videos:

Amos 3: <https://bibleproject.com/explore/video/amos/>

Proverbs 22: <https://bibleproject.com/explore/video/proverbs/>

Obadiah: <https://bibleproject.com/explore/video/obadiah/>

Jonah 1-4: <https://bibleproject.com/explore/video/jonah/>

Next Step:

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