



Because we are:
**Designed and
Restored**

1. What stresses you out? Make a list of the top 3 most stressful things you face in your life. They could be situations you have faced in the past, ongoing issues, or something you are facing right now.

1.

2.

3.

2. Now, take each item from the list above and think about how it affects you. Are there some ways in which you respond to the circumstances above that are troublesome? Why?
3. In Philippians 4, the writer Paul tells his readers to “rejoice.” This is profound, especially since the circumstances Paul was facing (in jail with only days to live) could be seen as quite... stressful. In the video, we talked about how this rejoicing Paul is talking about isn’t “fake happy,” but an ability to see the gifts God is giving even in the most dire of circumstances.

Take a few minutes and look back through your list in question 1. In any of those circumstances, is there a gift God wants you to see that you maybe didn’t notice at first?

4. Read Philippians 4:4-9. Isn’t it remarkable that, considering Paul’s circumstances, this is his perspective? Do you think it’s possible for *you* to also have that perspective in the midst of your own circumstances? Why or why not?

According to this passage (specifically v.9) what is one concrete way we gain the kind of perspective Paul talks about here?

5. As we said in the video, God didn’t create us with anxiety, stress, fear, anger, or rapid breathing in mind. Take some time to pray, specifically that God would grant you the kind of peace & perspective that marks those who are being restored to His original intent.