



**WEEK
FOUR**

I <3 Phily Week 4 : I Don't Grind Alone

How to Use Talk It Over:

This resource is to help you and your group discuss, in greater detail, the messages at Ax. The hope is for you to remember the content, read scripture, and discuss the application to your own life.

Cameron's Main Idea:

REST CAN COME FROM DOING NOTHING, BUT PEACE COMES FROM DOING THE RIGHT THING

Discussion Questions:

- Is your life stressful? What about your schedule can feel like a grind?
- Did anything stand out to you in this message? Something new you haven't heard?
- Has there been a situation in your life where you were really worried about something? Did the worrying help at all?
- Is there anything you can do to remind yourself to involve God in your grind?
- Do you need to change where you are fixing your thoughts? Are there things you think about a lot from stuff you watch, hear, experience that you need to ditch?

Read and Discuss:

Philippians 4

- Is there anything that wasn't in the message that stood out to you from this chapter?
- What are things that you have heard or learned recently that you need to put into practice like Paul mentions in verse 9?

Next Steps:

The next time worry comes up in your grind, remind yourself you don't grind alone and begin to pray and thank Jesus for how he has helped you before.

A Verse to Memorize:

Philippians 4:13 "For I can do everything through Christ, who gives me strength."

If you have any questions from this discussion or the message please email them to: info@axchurch.com.