

PHILIPPIANS

Finding Joy in Every Season



FOR DISCUSSION

1. Have you ever argued with a sibling or friend? What was the situation? How did you resolve it? Would you do anything differently next time?
2. What do you worry about most? What do you think about most throughout the day?

DIG DEEPER

3. In the first verse of chapter 4 we see that Paul clearly cares for the Philippians deeply. Underline words of affection that Paul encourages the church with in verse 1.

My dear brothers, I love you and want to see you. You bring me joy and make me proud of you. Continue following the Lord as I have told you.

In the next verse, we come to see that there were two ladies in the church that were not getting along. Their names are Euodia and Syntyche.

4. What does Paul ask these ladies to do in verse 2.

I ask Euodia and Syntyche to _____

5. Read Philippians 4:3 below. What positive things does Paul say about these two ladies?

And because you serve faithfully with me, my friend, I ask you to help these women to do this. They served with me in telling people the Good News. They served together with Clement and others who worked with me. Their names are written in the book of life.

6. What commands does Paul give us in verses 4-5? Circle them.

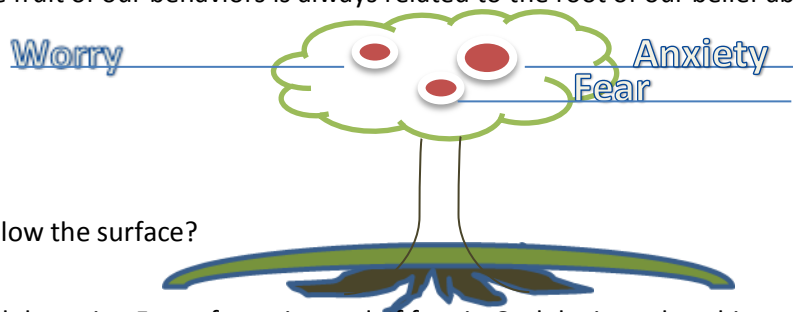
Be full of joy in the Lord always. I will say again, be full of joy. Let all men see that you are gentle and kind. The Lord is coming soon.

What command is the Lord laying on *your* heart to pay close attention to and obey?

7. Read verses 6-7 below:

Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.

8. Paul's command is "do not be anxious about _____."
- Read Matthew 6:25-34. How does Jesus' teaching agree with Paul's?
- Read 1 Peter 5:7. Why are we to "cast our anxieties on God"?
9. Instead of becoming worried or anxious, we are given three steps to deal with a situation that is causing us stress:
1. **Prayer:** Turn your eyes to Him and praise Him for who He is.
 2. **Ask:** Present your requests before Him. Cast your anxieties on Him because he cares for you. Believe that He cares for you.
 3. **Thanksgiving:** Thank Him for His past faithfulness. Thank Him for His answer ahead of time, because you know whatever He answers will be good and loving. Praise Him for His love, power and sovereignty over your situation.
10. The result of turning our eyes to God in prayer, thanking Him and bringing our request at his feet is that the _____ of _____ that surpasses all _____ will guard your _____ and your _____ in Christ Jesus.
11. This exhortation is not simply 'worrying in God's direction'. We first and foremost need to recognize that we are not God and we are not in control, but we have a God that IS sovereign and does care for us. The fruit of our behaviors is always related to the root of our belief about God.



- Idolatry: i.e. Fear of man instead of fear in God; loving other things more than God.
- Desire to take matters into our own hands (desire to be 'god')
- False belief about God: doubts of His love, power, sovereignty or nearness

When you put your trust in God as a loving, powerful, sovereign God and turn to Him in prayer, you will bear fruit of love, joy and peace rather than anxiety, worry and fear.

Read Philippians 4:8-9. Underline what stands out to you.

8 Brothers, continue to think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. 9 And do what you learned and received from me. Do what I told you and what you saw me do. And the God who gives peace will be with you.

PRAYER POINT

- Pray that we would rejoice in the Lord and know His peace.
- Pray that our minds would dwell on God & His truth.
- Ask the Lord to help you to not fear and to trust in His power, sovereignty & goodness.
- Praise the Lord that He promises to be with you.

*And the peace of God which
surpasses all understanding, will
guard your hearts and your minds
in Christ Jesus.*

Philippians 4:6-7



do not be anxious about anything,
but in everything by prayer and
supplication with thanks-
giving let your requests
be made known to
God.

