

PART FOUR

Philippians 4:6-9 // November 20



Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

REFLECT/CONNECT

- In what ways were you encouraged by last week's study?
- What is your natural response to anxious thoughts, and how do you typically cope with them?

GROW IN THE WORD

Paul commanded the Philippians to unload their anxious thoughts to God with gratitude in prayer, and God would provide protection through His peace (v. 6-7).

- How would you describe the type of anxiety Paul refers to in this verse? See Phil 2:20 (in which the same Greek word is translated as "show concern"); Matthew 6:25-34; Proverbs 12:25.
- What were some things that might have caused anxiety for the Philippians? See Philippians 1:28; 2:26; 4:2-3, 10, 19.
- How does verse 6 compare to how you cope with worrying, anxious thoughts?
- What might be a source of anxiety for you this upcoming holiday season?

Upon emptying themselves of anxious thoughts, Paul exhorted the Philippians to let praiseworthy things make a home in their minds (v. 8).

- Why does Paul place such emphasis on what he wanted the Philippians to think about? See also Philippians 1:27; 2:2, 5; 3:15, 19 and Romans 12:2.

GROW IN THE WORD

- How does the practice of dwelling on praiseworthy things relate to verses 6-7?
- How well do you dwell on praiseworthy things?

Paul concluded this section by calling on the Philippians once more to follow his example and put their faith into practice (v. 9).

- What is God calling you to practice in light of this passage?
- How do the promises in these verses encourage you today?

SERIES RESOURCES

OVERVIEW: PHILIPPIANS

An animated video by the Bible Project provides a thorough overview of the book of Philippians. The video offers a great summary of the book while emphasizing that every Christian's story can be an expression of Jesus' ultimate story.

- <https://bibleproject.com/explore/video/philippians/>

INTRODUCTION TO PHILIPPIANS

A fundamental introduction to the book of Philippians from the ESV Study Bible. Get a quick synopsis of the book's background to help you gain a better understanding of the book of Philippians as a whole.

- <https://www.esv.org/resources/esv-global-study-bible/introduction-to-philippians/>

PHILIPPIANS: A COMMENTARY BY THE GOSPEL COALITION

A free, downloadable commentary of the entire book of Philippians. This commentary offers background material and a section-by-section commentary of the entire book.

- <https://www.thegospelcoalition.org/commentary/philippians/>

BE JOYFUL: EVEN WHEN THINGS GO WRONG, YOU CAN HAVE JOY BY WARREN WIERSBE

A timeless resource by one of this generation's most trusted teachers, Be Joyful gives readers invaluable insights into the history, meaning, and context of Philippians. This new version includes study questions at the end of each chapter to aid readers in reflection and application.

- https://www.amazon.com/Be-Joyful-Philippians-Things-Commentary-ebook/dp/B005MT7WSC/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1659553546&sr=1-19

LIFE LESSONS FROM PHILIPPIANS: GUIDE TO JOY BY MAX LUCADO

A guide through the book of Philippians by pastor and author Max Lucado that offers its readers thoughtful questions, encouraging stories, and reflections to dig deeper into God's Word. Lucado unpacks Paul's letter to the young church emphasizing Paul's focus on living a life full of joy, peace, and contentment even in the midst of trouble.

- https://www.amazon.com/Life-Lessons-Philippians-Max-Lucado-ebook/dp/B077Y2F619/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1659553546&sr=1-18