

## Philippians: Finding Joy Right Where You Are!

### Key Scriptures Philippians 4:4-7

<sup>4</sup> Rejoice in the Lord always. Again I will say, rejoice!

<sup>5</sup> Let your gentleness be known to all men. The Lord is at hand.

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God,

<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

### Key Point

God's peace is different than the world's peace: it isn't absence of conflict, it is the presence of wholeness and inner tranquility from God Himself.

## TALK IT OVER

Start talking: Pick a conversation starter for your group.

- What is the best thing that happened to you this week?

Start thinking. Ask a question to get your group thinking.

- Kyle mentioned four words for prayer, what are they?
- Do you think that we should be thankful in prayer even if God does not grant us what we are asking for?
- How do you think God's peace puts a guard over our hearts and minds through Christ Jesus?

Start sharing. Choose a question to create openness.

- What have you been anxious about lately?
- With what issues do you think you need a "guard" on your heart and mind to keep you from worry?
- How will you put this message into practice? Who will help/encourage you in your battle to overcome anxiety?

Start praying. Be bold and pray with power.

- Pray specifically in the areas you find yourself most concerned and then begin thanking God for no matter how He might choose to answer.

Start doing. Commit to a step and live it out this week!

- Is there anyone in your relational network that you are currently at odds with? What can you do to try to reconcile with that person? If you need to, find a "peacemaker" to help you resolve the problem.