

## Philippians: Finding Joy Right Where You Are!

### Key Scriptures Philippians 4:6-9

<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. <sup>8</sup> Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-- meditate on these things. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

### Key Point

The peace of God in your life is not an absence of conflict; it is the presence of wholeness and inner tranquility from God Himself through a relationship with Christ.

## TALK IT OVER

Start talking: Pick a conversation starter for your group.

- Where and when was the most peaceful experience you have ever had?

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

- What do the four words for prayer, emphasize?
- Kyle mentioned the TDF principle: What is this principle, where do you find it in today's text and how can you apply it to life?
- Look up Luke 10:38-42. What was Martha's problem? Why was Martha anxious and Mary not anxious?
- Kyle said that "peace comes from the same thing that joy comes from . . . assurance of your salvation." Do you agree? Why or why not?

Start sharing. Choose a question to create openness.

- Which do you do more: talk to your heart or listen to your heart?
- How will you put this message into practice? Do you need to work on anxiety?

Start praying. Be bold and pray with power.

- Pray specifically about any anxieties you may have, giving them over to God. Then begin thanking God for answering your prayer, no matter how He might choose to answer.

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

- Are there any habits you have where what you input into your mind are not true, noble, just, pure, lovely, and good report . . . worthy of meditating on? It is true, garbage in, garbage out! Determine that you will not allow unhealthy thoughts in, and that you will purposefully take time to meditate on the truthful things of God each day.