

Philippians: Finding Joy Right Where You Are!

Key Scriptures Philippians 4:6-9

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God, ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ⁸ 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. ⁹ 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

We are a product of our thought life. Therefore, we must set a guard over the things you think, see, and hear as a part of what we can do to draw near to God and experience His peace.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- Have you ever woke up and started the day in a bad mood but had no logical reason why? Were you able to change your attitude?

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

- How does our thought life affect our emotions? Can you think of an example to share?
- Over the last few weeks, the sermons have focused on how understanding the gospel will impact our thoughts and actions. How can we apply our understanding of the gospel with vv.8-9?
- Of the following six questions, which ones should I be asking this week?
 - True: Is this True or False?*
 - Noble: Does this honor God?*
 - Just: Is this morally right?*
 - Pure: Will this cleanse me or dirty my soul?*
 - Lovely: Will this attraction enslave or free me?*
 - Good report: Am I comfortable recommending this to someone who looks up to me?*

Start sharing. Choose a question to create openness.

- When you pray, is it easy to be thankful even before God has answered?
- How would you describe the quality of your thought life? What kinds of changes do you think God would want you to make in what you view, read and think?

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!

- Decide to commit this passage to memory. Develop a habit of asking these questions: Is it true or false? Will it honor or dishonor God?