

Studies in Philippians

Lesson VIII

Text: Philippians 4:4-9 (NIV)

⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Questions for Discussion

1. The simplest commands of Scripture are often the most difficult.
 - When is it easy to rejoice in the Lord (vs. 4)?
 - When is it difficult?
 - What is there to rejoice in during the tough times (vs. 5b)?
2. Jesus says Christians will be recognized by their love (John 13:35) and Paul, here, says they will be recognized by their gentleness (vs. 5a; cf. 1 Peter 3:15).
 - When was the last time you faced the choice between being gentle or harsh with someone?
 - What is the value of a gentle answer, according to Solomon? (Proverbs 15:1)
3. Something that often thwarts our desire to rejoice in the Lord and be gentle with others is ***anxiety***.
 - What practical advice does verse 6 give us to deal with our anxieties?
 - Something amazing happens when follow this—what is it (vs. 7)?
4. Prayer begins our journey into the joyful, gentle, peaceful life.
 - What sustains it (vs. 8-9)?