

Feeding a Thankful Heart

Philippians 4:4-8

We feed a thankful heart...

1. When we rejoice in DIFFICULTIES because we are CONFIDENT God is at work.
2. When we WORRY about nothing and PRAY about everything.
3. When we let God's WORD protect our MIND.

FURTHER UP, FURTHER IN

1. What do you think about when you read verse 4? How does the concept of rejoicing in the Lord always strike you? What are some of the things you face every day that hinder this command to rejoice?
2. Consider times when you have conflicts with others as in verse 2 and 3, or any other difficult life brings your way. What is your focus during those difficulties? According to verse 4 and 5, how should we reason these difficult times out?
3. The end of verse 5 says, "the Lord is at hand." What does that mean to you in your everyday circumstances? (Hebrews 13:5, Psalm 139: 1 – 10)
4. One of the points on Sunday was, "Worry about nothing and pray about everything" (vs. 6). Discuss answers to prayer that you personally have experienced that helps you see that prayer supersedes worry. Read Matthew 6:25 – 27 and talk about Jesus' teaching regarding being anxious.
5. Read verses 7 and 8. What are the things we need to think about that will guard our minds. How will they guard your mind? (Proverbs 3:5 – 6)
6. Read Matthew 8: 24 – 27 and discuss how, even when we call out to God, worry can still exist. How can we feed our minds and hearts to eradicate worry altogether? (Psalm 19:7 – 11)

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"I have come home at last! This is my real country! I belong here. This is the land I have been looking for all my life, though I never knew it till now. . . . Come further up, come further in!" — C.S. Lewis, The Last Battle