



Many of us pray to be more like Jesus, but then resent God for the pain he brings us in answer to our prayer.

- @desiringGod

Primary Text: Philippians 4:1-4

1. Pray (2 mins)

Pause. Acknowledge you are about to open God’s word.

- Ask the Holy Spirit to illuminate His word.

2. Warm-Up (20 mins)

Read Philippians Chapter 4:1-4

- When reflecting on the message this past Sunday, what is the one thing that most resonated with you?
- What have we learned about the book of Philippians (author, theme, purpose)? Where in the Bible did our author meet Jesus?
- From memory, can anyone give us a general summary of how we arrived at this current text? What has Paul taught us in his letter to the Philippians up to this point?

3. Illuminate (30 mins)

On the reverse side of this page you will find our text. Use this page to circle/underline/connect.

- After reading through this text, have you noticed any of our themes re-surfacing?
- Verse 2 speaks of Euodia and Syntyche who labored with Paul in ministry; faithful women who shared in the struggle with Paul. Paul alludes to a tension that has formed between these two. What is Paul’s request for them?
- When Paul says in verse 2, “agree in the Lord,” does this phrase bring to memory anything Paul has mentioned in the previous chapters?
- Paul returns to the theme of Joy in verse 4. Why do you think Paul commands it versus just asking us to have it?
- The truths of the Bible are meant to be shared. Given the opportunity, could you now explain this text to someone else in your own words? Anyone brave enough to try it now?

4. Pray (10 mins)

Rather than take prayer requests, let’s bring our requests to God through prayer. Let’s talk to Him.

In the struggle, the Bible says...

- Matthew 11:28 - Come to me, all who labor and are heavy laden, and I will give you rest.
- 1 Peter 5:7 – cast all your anxieties on him, because he cares for you.
- John 16:33 – In the world you will have tribulation. But take heart; I have overcome the world.

Previous Text: Philippians 3:17-21

¹⁷ Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. ¹⁸ For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. ¹⁹ Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. ²⁰ But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, ²¹ who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

Primary Text: Philippians 4:1-4

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

[Exhortation, Encouragement, and Prayer]

² I entreat Euodia and I entreat Syntyche to agree in the Lord. ³ Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. ⁴ Rejoice in the Lord always; again I will say, rejoice.