

SERMON-BASED STUDY: PEACE

Philippians 4:4-9, ESV – *Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, 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 your minds in Christ Jesus.*

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

1 When 'life happens,' what is your default or 'go to'?

2 In verse 5, what does Paul mean by, "the Lord is at hand"?

- 3 In verse 8, Paul exhorts the Philippians to “think about these things.” What does it mean to “think about these things”? What are some practical ways you spend time doing this?

DIGGING DEEPER

A **1 Thessalonians 5:16-19, ESV** – *Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you. ¹⁹ Do not quench the Spirit.*

- 4 Explain each of three exhortations in verses 16-18. How can a person do these things “always,” “without ceasing,” and “in all circumstances”?

- 5 Why should a follower of Jesus do these things? How do these practices lead to peace?

- 6 What does Paul mean by the phrase “quench the Spirit”?

B **Matthew 6:31-33, ESV** – ³¹ *Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’* ³² *For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.* ³³ *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

- 7 What do “anxiousness” and “peace” have to do with “standing firm in the Lord”?

- 8 Paul uses a military term, “guard”, in Philippians 4:7. What is a guard’s job? Why would this be needed when you consider anxiousness?

- 9 In the passage above, what does Jesus say is the remedy for anxiousness? How would one apply this remedy?

TAKING IT HOME

This week, we learned how we are to react and behave in moments when things are not going the way we would hope or like. How are you doing in pursuing peace? Do you let anxiousness take over? What is one practical step you can take this week to improve in this area? Share with your group or accountability partner what God is speaking to you today. Pray for one another as you pursue peace.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Habakkuk 3:18

Romans 12:12

1 Thessalonians 4:1