

Guard Your Heart and Mind

Proclamation Life Groups; Week of Sunday, December 14th; Steve Thiel

Chapter four is filled with exhortations to unity, peace, and joy. With great affection, Paul pleads with his beloved Philippians to stand firm in the Lord. His desire is for unity and harmony in their relationships, which is only possible through prayer and supplication with thanksgiving that God might bring a peace that surpasses all understanding. The long-term plan is that right thinking will lead to right living. Paul ends the letter by thanking the Philippians for the financial gift they sent to him through Epaphroditus. He is so grateful for their love and partnership in the gospel. And ultimately, he is confident that God will supply all their needs according to His riches in Christ Jesus. Begin this study by reading Philippians 4:1-23.

I. Unity and Peace in Relationships – Philippians 4:1-9

- A. What do we know about Euodia and Syntyche (4:2-3)? What do think is their issue?
- B. Why do you think Paul says, “let your reasonableness be known to everyone” (4:5)?
- C. How should we respond to anxiety (4:6)? What is the ultimate goal of these prayers (4:7)?
- D. On what should we be thinking (4:8)? And where does right thinking lead (4:9)?
- E. In what ways do you struggle with anxiety and bad thinking? How are these verses helpful?

II. Contentment in Every Situation – Philippians 4:10-13

- A. What has served as a source of great joy for Paul (4:10)?
- B. How do you think Paul learned to be content in all situations (4:11-12)?
- C. According to Paul, how is he able to be content, regardless of his circumstances (4:13)?
- D. What are some ways that you can promote contentment in yourself and your family?

III. Joy and Thanksgiving for Partnerships in the Gospel – Philippians 4:14-23

- A. How did Paul view the financial gift that the Philippians sent to him (4:14-18)?
- B. How is (4:19) helpful to us as we think through giving and supporting the ministry of the gospel?
- C. What stands out to you in Paul’s final greeting to the Philippians (4:21-23)?
- D. What idea from the book of Philippians has had the greatest impact on your thinking and living?