



When anxiety strikes,  
practice the shift.  
Transfer your focus  
from the things of  
earth to the concerns  
of heaven.

- @desiringGod

**Primary Text:** Philippians 4:4-7

### 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 4:1-9**

- 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?
- At its very root, what is reasonableness? What verses in Philippians have we learned that remind you of this disposition?
- Why do you think Paul reminds us that the "Lord is at hand" directly after speaking to us about our reasonableness?
- Anxiety is rampant in our culture. What is Paul's remedy to anxiety? And what does this suggested action actually do in our lives?
- Paul equates peace with guarding. Are you guarded or are you open for attack? What generates the guardianship of your heart and mind?
- 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.**

The Bible says...

- Psalm 55:22 – Cast your burden on the Lord, and he will sustain you...
- 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.

**Philippians 4:4-7**

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.