

**Week of October 11, 2020**

**Philippians 4:1-9**

<sup>1</sup> Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

<sup>2</sup> I urge Euodia and I urge Syntyche to be of the same mind in the Lord.

<sup>3</sup> Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always; again I will say, Rejoice.

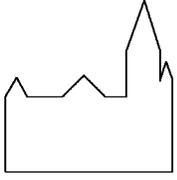
<sup>5</sup> Let your gentleness be known to everyone. The Lord is near.

<sup>6</sup> Do not worry 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.

<sup>8</sup> Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

<sup>9</sup> Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.



### Group Leader

Remember: you don't need to use all of the questions. Go with what works. Give people a chance to think before answering, but if a question falls flat, move on. Let the discussion go where it needs to go, as long as it remains centered around the lesson. Give the participants page 1. Use this page for yourself.

### Gathering questions:

- A. What is your least rational consistent worry?
- B. Do you need to understand things that you use? Name an ordinary item that you use frequently where you have absolutely no idea how it works.

### Bible Study Questions:

1. When you hear the phrase: "The Lord is near", do you first think of the Lord as being near in time (coming soon) or near in space (present with us)?
2. What do the words "joy" and "suffering" mean to you? Do you think this has changed since Biblical times?
3. In verse 5, the word "gentleness" refers to one's willingness to forego his/her own rights or entitlements. When do you insist on getting your due? When do you let it go?
4. In verse 6 the word "worry" refers to being anxious. What is bringing you anxiety? How can God help?
5. Read verse 8 again and think about your day today. When did you do this? When did you fail to do this?
6. When you pray, what is your expectation of how God will respond to you?
7. As a Jewish person, the Apostle Paul would likely have understood "peace" (*irene* in Greek; we get the word "irenic" from it) as the Hebrew word "shalom", which has a connotation of "wholeness". Where do you need to feel "whole"? What would that feel like to you?

Closing prayer: particularly invite prayers for confidence in the face of potentially negative situations.