



These questions are provided for your further study and application of the message. Thoughtfully writing out the answers to these questions will help to drive home the point. It is also helpful to discuss your answers with others.

## **LifeGroup Discussion**

Date: November 12, 2017

### **Philippians 4:1-9**

1. One study suggested that only 8 percent of the things people worry about ever even happen. Sometimes we worry about things we cannot change or things that do not even affect us. What are some crazy things you have worried about?
2. In Philippians 4:2, Paul urges Euodia and Syntyche to agree in the Lord. The literal translation from the original Greek is to “have the same mind.” How does having the “same mind” as believers help us to put the good of the church ahead of our own personal interests and preferences?
3. Worrying is both a head issue and a heart issue. It involves the wrong kind of thinking and the wrong kind of feeling. What does worrying reveal about what we think and about what we feel?
4. Read 1 Thessalonians 5:16-18. What does Paul have to say there and how does it relate to Philippians 4? How can we apply these verses to our lives today?
5. Philippians 4:8 urges Christians to think on things that are good, noble, and praiseworthy. Why does our thought life matter? How do our thoughts affect our actions?
6. How can we lovingly come alongside those who are overcome with anxiety and worry, while at the same time help them to understand that worrying is sinful (Matthew 6:25-34)? How can we show love and grace even as we help others to see their need for Christ? How can we preach this same truth to ourselves?
7. Family verse: Read and memorize Philippians 4:8. Talk about some of the particular things that you should focus upon.