

Message Notes

Don't Be Anxious

Philippians 4:4-8

Message Notes & Key Takeaways:

Group Questions

Don't Be Anxious

Philippians 4:4-8

1. **Read Philippians 4:4-8.** Reflect on some of the hardships the Apostle Paul endured (see 2 Cor. 11:22-33). How might his experiences deepen the impact of his words in these verses?

2. **Read Philippians 4:4-5.** Why can you rejoice in the Lord even when life is hard?

Can you share a time when choosing joy changed your perspective or helped you endure?

3. **Read Philippians 4:6-7.** Paul invites us to bring our anxieties to God with thanksgiving. What are three things currently weighing on your heart, and how might you thank God in the midst of them?

Even when life isn't perfect, how does God's peace guard your heart and mind? What does that look like for you personally?

4. **Read Philippians 4:8.** In a world full of negativity, how can prayer and intentional thinking help shape your emotional and spiritual health?

What practical steps can you take this week to intentionally filter out the negativity and focus on what's true, noble and good?

Bible Reading for Today

Philippians 4:4-8

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

