Questions for Reflection and Discussion

Philippians 4:4-9

Pursuing Peace

Getting Started

What are some things that keep you from experiencing God's peace?

Digging In

1. **Read Phil 4:4-5**. How can rejoicing in the Lord help us experience God's peace?

2. How does being gracious toward others contribute to peace?

3. **Read vss. 6-7**. What is God's antidote to worry?

4. In addition to telling God about what we need, what else are we to do? (v. 6)

5. What does God promise to do in v. 7?

6. What do you think is meant by the phrase "which transcends all understanding"?

7. **Read vss. 8-9**. What else can we do to have healthy minds?

8. Give 7 examples of things that fit the description of v. 8.

9. Give 7 examples of things that do **not** fit the description of v. 8.

10. What last step does he exhort them to take to overcome anxiety?

11. What will be the result? Explain what this means.

Getting Personal

- Think about the things that sometimes cause you to worry. How can these verses help you pursue peace?

- Take a few minutes right now to *present your requests to God – with thanksgiving.*

- Think about what you read, and what you watch on TV and the internet. To what extent does it fit the criteria of v. 8?

- What changes will you make to maintain better "mental health"?

- Memorize **and meditate on** one of the following verses or passages: Ps 23; Prov 4:23; Isa 26:3; Matt 6:25-33; Matt 7:24-27; John 14:27; Rom 12:1-2; Col 3:15; 1 Thes 5:16-18; 1 Pet 5:6-7.