Philippians 4:4-9

Philippians 4:4-9 English Standard Version (ESV)

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

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Discussion/Journal Questions

Read Philippians 4:4-7. How does anxiety affect our ability to be “reasonable”? Are we able to make wise and thought out decisions while living in fear?

Why is it important that we bring our requests to God with thanksgiving? What happens when we forget to come to God with gratitude?

What promise is made in verse 7? How does bringing our requests to God lead to peace?
Proverbs 3:1-8 English Standard Version (ESV)
1 My son, do not forget my teaching,
   but let your heart keep my commandments,
2 for length of days and years of life
   and peace they will add to you.
3 Let not steadfast love and faithfulness forsake you;
   bind them around your neck;
   write them on the tablet of your heart.
4 So you will find favor and good success
   in the sight of God and man.
5 Trust in the Lord with all your heart,
   and do not lean on your own understanding.
6 In all your ways acknowledge him,
   and he will make straight your paths.
7 Be not wise in your own eyes;
   fear the Lord, and turn away from evil.
8 It will be healing to your flesh
   and refreshment to your bones.

Discussion/Journal Questions
Read Proverbs 3:1-8. The author is writing to his son about how to live and govern God’s people. How would you summarize the advice given in this passage?

In verses 5-7, what promise is made for the one who trusts in the Lord with all his or her heart?

How does following God’s commands lead to healing to one’s flesh and refreshment to one’s bones (verse 8)?
Matthew 6:25-34 English Standard Version (ESV)

25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Discussion/Journal Questions
Read Matthew 6:25-34. Summarize in your own words what Jesus is saying here. Why should we not be anxious about possessions like food and clothing? How has God provided these for you in the past?

Consider Jesus’ question in verse 27. Has excessive worry or fear ever had any positive benefit? Why do you think we do it so much?

According to Jesus, what should be our highest priority? Is this a priority in your own life? If not, why not? What do you need to change to make this a higher priority?
Matthew 7:7-11 English Standard Version (ESV)
7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 9 Or which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

Discussion/Journal Questions
Matthew 7:7-11. Reflect for a moment what this passage means. Jesus is inviting us to bring our needs before the God of the universe. What is your reaction to this idea?

What was your father like? What comes to mind when you think of God as a loving Father?

In verse 11, does Jesus promise that we will have everything we ask God for? What promise does He make?

18 And he told them a parable to the effect that they ought always to pray and not lose heart. 2 He said, “In a certain city there was a judge who neither feared God nor respected man. 3 And there was a widow in that city who kept coming to him and saying, ‘Give me justice against my adversary.’ 4 For a while he refused, but afterward he said to himself, ‘Though I neither fear God nor respect man, 5 yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.’” 6 And the Lord said, “Hear what the unrighteous judge says. 7 And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? 8 I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?”

Discussion/Journal Questions
Read Luke 18:1-8. Summarize in your own words this parable and the point Jesus is making.

Why did the judge finally give in to the widow? How is she an example for us?

What are some areas of injustice that God’s people should pray about on a regular basis?