

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

What has been your experience with fear, anxiety, or worry? Describe a time when you have felt great anxiety or fear.

Read Acts 5:41; James 1:2-3; and Romans 5:3. What do these passages say about joy and rejoicing? What is your initial reaction to these passages? How do they run counter to how the world thinks?

Read Philippians 4:4-9. In the sermon on Sunday, Sam mentioned two aspects of God in which we need to rejoice. First, we rejoice in the Lord's sovereignty. What does it mean that God is sovereign?

How do you feel when you have no control? How do you react in those situations?

Read Colossians 1:15-20. How does Paul describe Jesus in this passage?

We are also to rejoice in the Lord's mercy. How does shame and guilt lead to anxiety?

In Genesis 3, the man and the woman made coverings for themselves and hid from God. What are some ways people try to hide out of their shame and guilt? How has this worked out in your own life?

How does God's mercy alleviate our fear of being known?

In Philippians 4:4, Paul calls us to rejoice in the Lord, but this does not happen naturally. What can you do this week to remind yourself to rejoice in the Lord's sovereignty and mercy every day? How can your group help you with this?