

THE REMEDY FOR WORRY

PHILIPPIANS 4:2-7



OUTLINE & SUMMARY

Introduction

After dealing with a specific instance of the disunity that prompted his main reason for writing (calling the Philippians to be of the same mind) in vs. 2-3, the Apostle Paul gives them the remedy for worry.

Verses 2-3 • Paul calls two women who were at odds to set aside their differences and be of the same mind. He calls the pastor of the church to facilitate this reconciliation.

Verse 4 • Paul calls the Philippians to rejoice in the Lord always.

Verse 5 • Paul calls us to be gentle because God is close. That word "gentle" is better understood as "reasonable" and means "don't be difficult, hard to get along with."

Verses 6-7 • Worry not -- Rather, pray!

FOR THE GROUP

Introduction

In regard to worry, people *generally* break into two major groups: Worriers and those who don't. Of course, everyone will have anxiety at some point over something. No one is completely free of it. But *generally*, are you a worrier or not?

Where else in the letter does Paul call the Philippians to be of the same mind? How could Euodia & Syntyche apply that to their situation? What does Paul NOT do in reconciling them and what does that teach us in being peace-makers? What danger did an on-going rift between these two women present to the church at Philippi? What role ought others play in helping people at odds reconcile?

Rejoice = Celebrate joyously.

Describe what you "see & hear" when you read verse 4.

Is God the Source, the well-spring of your Life?
Does your relationship with Him fuel passion?
Does faith in God produce joy?

How does spending time getting to KNOW God increase one's capacity to rejoice in Him?

Do you know anyone who seems to enjoy being a curmudgeon? How is that a fundamental rejection of Paul's call in this letter to be of the same mind?

For the balance of your discussion, read vs 6-7 and work though what Paul says there.

How is worry, anxiety, and fear a denial of God's faithfulness?

What does Paul say in v.7 is the result of taking our worries into prayer?