

Discussion Questions 9/28/25:

What is the occasion for which Paul writes the letter to the followers of Christ in Philippi?

If you need help see Phil 1:29-30; 4:1.

In what ways does technology increase anxiety in your life or in our culture? What changes do you need to make to focus more on what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy?

How do we receive peace according to Phil 4:4-9? How does this look practically in your own life?

What would it look like for our church (or you personally) to be known for gentleness in an anxious world?

Read Phil 4:5.

What's one specific worry or anxiety you can bring to God in prayer this week? How can we encourage each other in that?

What does Jesus teach us about fear, worry, and anxiety?

Read Matt 6:25-31.