

Discussion Questions



Joy/Full #9: Experiencing The Peace of God in a Peril-some World

(Philippians 4:2–9)

Praise and rejoice in the Lord always (Read Philippians 4:2–4)

- How does Paul's instruction to "rejoice in the Lord always" differ from simply being happy or ignoring our troubles?
- How does the fact that our names are written in the Book of Life provide a foundation for this joy?
 - **Hint:** Philippians 4:3, Luke 10:20

Present your anxieties before God in prayer (Read Philippians 4:6–7)

- Why is it important to distinguish between appropriate concern and undue worry? How do we do that?
- Reflect on a situation where you relied on your own strength instead of trusting God. How did it affect you, and what did you learn from it?

Practise the things you have been taught (Read Philippians 4:8–9)

- Why is it important to approach "doing what we've been taught" not as a formula, but as a practice to dwell on the Lord?
- How does "practising what we have learned" help us to experience God's peace, especially in difficult times?
- What is one practical change or consideration you can make to experience more of the promised peace only Jesus brings?

Pray Together