



SERMON STUDY GUIDE

“PHILIPPIANS 4:2-4:8” ON MARCH 15 + 19, 2023

CONNECT

How did last week's passage we read/discussed affect your week?

DISCOVER: PHILIPPIANS 4:2-4:8

- What did the passage say (in your own words) or what impacted you/did you take away from the sermon this week?
- How does this passage or did the sermon point you to Jesus (teach us about Jesus)?
- Did you find anything challenging about this passage (words you didn't understand, phrases that didn't make sense, etc.)?

Philippians 4:2-9 As Paul comes to the close of his letter to the Church at Philippi, he reminds them of some important things to keep in focus as they continue to grow things we need to pay attention to as well. For every reminder of something to REMOVE from our minds and lives, Paul offers a way to REPLACE what is not serving us well with something good that reflects what Jesus would do.

Philippians 4:2-5 - REMOVE Pride; REPLACE Gentleness: The conflict between Euodia and Syntyche was pulling the focus of the Church at Philippi away from the priority for the Church - JESUS! Conflict will always be a part of our lives, and how we handle conflict will directly affect everyone around us! Often conflict brings out some of our worst qualities because PRIDE gets in the way – we all like to be right! What if we replaced our pride with gentleness? What would things look like in our family/workplace/social setting/world?

- What conflicts or disagreements in your life are getting in the way of your loving and serving Jesus? What would it require of you to REMOVE those things?
- What part is your own pride playing in your conflicts? Would an outside observer see pride or would they see gentleness exhibited in your demeanor?
- What would 'gentleness' look like to you – what words would you use to describe gentleness, especially as it applies to being in the midst of conflict?

Philippians 4:6 - REMOVE Anxiety; REPLACE Prayer: This idea was mentioned three times by Jesus on the Sermon on the Mount as a command. Who doesn't worry/become anxious/ get stressed or overwhelmed some time, in some situation? We know that nothing good comes from worry, but it is very much a part of our human experience. Paul directs us to replace it with PRAYER.

- As you look back over a day in your work/social and family life, how much of that day was spent in worry, stress, or anxiety over things? What are the benefits of being anxious, worrisome or stressed? What are the negative effects? How well can you justify the time you spent in worrying?
- Paul directs us to replace anxiety with prayer and petition in every situation, with thanksgiving...NOW, in the moment, and being thankful-what would this require of you in the midst of your greatest worry? How would you begin?
- How well are you doing with being in constant conversation with God, especially when worry and stress want to fill your mind? Again, how would you begin?

Philippians 4:8 - REMOVE The Junk, Trash in our minds; REPLACE it with Paul's list of 'whatevers.': If we consider what fills our minds on a daily basis with the list Paul gives in verse 8, most of us would come up wanting! Paul is really concerned with what is on our minds!

- WHY is Paul so concerned with what is on our minds? In a world that thrives on self-focus, how do we live out Paul's words to us?
- Look at each one of Paul's 'whatevers' in your own life experience – look at each one from the negative side and what from the positive side could replace it. Ex: What specific thoughts in my mind are NOT noble?



SERMON STUDY GUIDE CONT.

What noble thoughts can I replace those with?

PEACE in Christ: Paul describes a peace that can be ours when we heed his words – look at verse 7! A peace which transcends all understanding will guard our hearts and our minds in Christ Jesus!

- Looking closely at verse 7, can you describe a time in your life when you experienced a peace that transcended all understanding? How did that make you feel?
- What does Paul want us to learn from his repetitive use of the phrases 'in the Lord' and 'in Christ Jesus' in this passage? Meditate on each verse in which these are used (Vs. 2, 4, 7) - what do these phrases mean to you, and how could you apply them to the ways you think and interact with others??

RESPOND

- How does this passage encourage you, challenge you, or change you in your efforts to become more like Jesus?
- What is one thing you learned about yourself from God's Word? How will you respond in obedience this week?
- Who is someone you can have a conversation with about what Jesus is doing in your life or invite to join you at a CU Church gathering.

PRAY

... for each other and spend time praising God. Pray that he will show you how to better love God and love people.