

## **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 does fear and anxiety feel like for you? What physical, emotional, spiritual signs alert you that you are feeling anxiety?

How do you typically respond to feelings of anxiety? What do you do to manage or alleviate your fear?

Read 1 Peter 5:6-7. In the sermon on Sunday, John said that anxiety is “a signal alerting you that it is time to pray.” Is prayer your “go to” response to anxiety? Why or why not? How does prayer help?

John also said that “specific prayer is serious prayer.” How does the way we pray about something reveal its importance to us?

Why do you think it is significant that Paul includes the phrase “with thanksgiving” in his instruction about prayer? Why is it important to pray with thanksgiving?

What promise is made in Philippians 4:7?

What are you anxious about today? Spend some time with your group or family to lift those concerns to God with thanksgiving.