

### **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***

In the sermon, John spoke about a “pandemic of complaining.” How have you witnessed this pandemic in your own life? Have you been complaining more often than usual? What about?

What are some of the effects of complaining? What does it do to us mentally, emotionally, and physically when we complain all the time?

The cure for this pandemic is gratitude. Gratitude is the pathway to peace. What are some of the effects of gratitude on us mentally, emotionally, and physically? How does gratitude affect us spiritually?

Read Philippians 4:4-9. In verse 4, Paul gives the basis for his command to rejoice and to not be anxious. He says “The Lord is at hand.” Do you tend to picture God as a present reality in your life, or do you tend to think of God as far away and distant? How does realizing God is nearby and present change how we react to the world around us?

How does gratitude force out complaining and worry from our lives?

Though the world provides plenty of fuel for complaining, maintaining a spirit of gratitude requires discipline and intentional effort. What are some practical things you can do to cultivate gratitude in your life?

How can your group help each other develop these practices together?

**Who are you praying for to accept Jesus, and what specifically did you do this week to interact with them?**

**Who are you currently discipling, and what specifically did you do this week to help them know, love, and follow Jesus?**

**Who are you considering for future discipleship relationships, and what specifically did you do this week to interact with them?**