

IN THE STORM: "The Antidote to Worry"

Philippians 4:4-7

For the week of May 3, 2020

It does not take a pandemic to create worry, but a pandemic can increase the amount of anxious and fearful thoughts that cross your mind throughout the day and keep you up at night. Paul writes Philippians to a persecuted church from house arrest and in these verses reminds them to rejoice regardless of their circumstances. He sets our minds on hope and the antidote to worry. An antidote is defined as something that counteracts or neutralizes an unpleasant feeling or situation.

Startup Question

What is keeping you up at night lately? Discuss in your community group.

The Passage

→→Read Phil. 4:4-7

Read also Phil. 1:18; 2:2, 2:17-18, 2:28-29, 3:1, 4:10; 1 Thess. 5:16

What does it mean to rejoice in the Lord?

How can we be known for joy during these days?

→→Read Phil. 4:5

Reasonableness can be translated "gentleness." A gentle person was described in the sermon as someone empowered to absorb suffering without lashing out or being defensive.

How is the description of gentleness different than the world's perception of gentleness?

→→Read also Matt. 11:29; 27:12-14

Consider Jesus' example and recollect the last 30 days. Has your gentleness been evident:

- in quarantine to your spouse or loved ones?
- in your social media/text responses to those with opposing views?
- in line at the grocery store?

What produces gentleness in us?

→→Read Phil.4:6

To experience God's peace instead of anxiety, Paul says the antidote against worry is PRAYER!

PRAYER: Intercessory prayer for others

SUPPLICATION: Urgent requests for self and others

THANKSGIVING: Thanking Him for who He is, what He's done and what He is doing and will do

REQUESTS: Naming specific items

Do you make time to express your dependence on the Lord through prayer? In which of those areas do you struggle to pray?

→→Read Phil 4:7

How does praying relieve worry?

What is the result of walking in close relationship with the Lord according to this verse?

Final Thought

Paul is talking about an intimate relationship with the God of peace. This peace stands guard like a sentry over our hearts and minds in Christ Jesus. Do you know God's peace in the midst of your current circumstances? How can you let the truth of what you learned about prayer dictate your heart instead of worry? Let's start now with prayer!