

Week of February 26, 2018

Philippines 4:2-9

Partners in Peace

2 I urge Euodia and I urge Syntyche to agree in the Lord. 3 Yes, I also ask you, true partner, to help these women who have contended for the gospel at my side, along with Clement and the rest of my coworkers whose names are in the book of life. 4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your graciousness be known to everyone. The Lord is near. 6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

8 Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. 9 Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.

Questions:

- Dr. Gregory Jantz in his book on anxiety provides a Self Assessment with YES/NO questions:
 1. Do you ever feel fearful without really knowing why?
 2. Do you worry about a hundred little things throughout the day?
 3. Do certain situations cause your heart to race and your palms to sweat?
 4. Do you sometimes feel like you're suffocating, as if you can't get enough air?
 5. Do you suddenly feel light-headed, preoccupied, or on edge?
 6. Do you wake up in the morning tired and irritable?
 7. Do you have trouble falling asleep or staying asleep?
 8. Does your fear sometimes becomes so overwhelming that you're afraid you're going to die?
 9. Do you avoid certain people, places, and situations because of how fearful they make you feel?
 10. Do you find yourself thinking about all the things that could go wrong?
- When was a time you felt anxiety? How do you experience it?
- Anxiety makes us 1) shortsighted, 2) cynical, or 3) worry. Which one have you seen in your own life? How?
- THE PEACE OF GOD IS FOUND IN THE PRESENCE OF GOD. Why is this important to understand?
- The passage shows us that having God's peace instead of anxiety means...
 - We content for unity
 - We celebrate
 - We are notoriously gracious
 - We present our concerns to God
 - We decide to dwell on better things
- Which one of these sticks out to you? Why? How can it look in your life?