

February 28, 2021

**TALK ABOUT IT**



# PHILIPPIANS

A LETTER FROM LOCKDOWN

To watch the message, visit  
[cypresschurch.tv/teaching](https://cypresschurch.tv/teaching)

## TEACHING OVERVIEW

Pastor Ken wrapped up our teaching series on Philippians. We looked at chapter four with a focus on going to prayer when we have anxious thoughts.

## Encouragement

What was something new you learned in chapter 3, either through the teaching or through your own reading?

Were you able to find one of the relationships Pastor Ken challenged us to have last week?

## Scripture & Discussion

**Read:** Philippians 4

### Discuss

1. Pastor Ken said, "personal opinion doesn't matter when you become a Christian. It's a surrendering of our ourselves to God." What areas have you been successful in surrendering? What areas have you struggled to do this?
2. In verse 4, Paul declares we should "rejoice, rejoice always." How does rejoicing redirect our thoughts that then redirects our actions?
3. Paul continues on to say "do not be anxious about anything." What makes you anxious? What does the scripture say we are to do when we are anxious? What then does it say is the result we experience when we do that?

4. Once we pray, we read in verses 8-9 that we are to replace our thoughts. What are we to replace our thoughts with? How does focusing on these things help us continue to move forward in our relationship with Christ?

5. To wrap up this book, Paul shares that we can do all things in Christ. To be able to experience this though we must first empty ourselves, so that we can be filled with God. What do you need to empty yourself of? How do you think emptying yourself of this will position yourself to grow?

## Prayer

Pray as a group for the anxious thoughts that individuals are experiencing.

Pray that this week you will daily bring your anxious thoughts to God and that you will empty yourselves to filled with God.

## Next Steps

Read Philippians 4 this week. Be aware of what the Spirit may be asking of you through your reading and live it out this week. Reflect on the question, "where are you on the journey?"

Join us this Thursday online only, March 4, at 7:00pm for the church-wide event called *A Night of Prayer and Worship*. Pastor Ken will lead the whole church in a special time of prayer during this hope-filled night.