



Peace Is Born

Philippians 4:4-9 • Series: The Story of Christmas • Adam Bailie • December 9, 2018

Big Idea

Christmas peace is practical, everyday, Christian peace.

Outline

Christmas peace is practical since...

1. My everyday Christian life requires it (4-6).
2. My everyday Christian prayer releases it (6-7).
3. My everyday Christian God empowers it (7).
4. My everyday Christian discipline fuels it (8-9).
5. My everyday Christian fellowship accompanies it (9).

Reflect

- What are you personally susceptible to when the peace of God is not guarding your heart and mind? In other words, what are the telltale signs you're not living with the peace of God?
- Where are you tempted to run in times of trouble to find the peace you long for?
- Re-read verses 6-7. In light of these verses, how does your prayer life need adjusting?
- Are there things you're reluctant to talk to God about in prayer? If so, what are they? And why are you reluctant to talk to God about them?

Pray

- Spend time in prayer thanking God for all the good he has poured out on you, starting with the salvation blessings that are yours in Christ.
- Spend time examining your heart to see what things you're anxious about. Confess your worry to God, affirm the forgiveness you have in Christ, and lay all your prayers and supplications at his feet.
- Pray that God would help you to grow in daily trusting him so that you might experience the practical, everyday, Christian peace he offers.
- Spend time in prayer worshipping Jesus for being the highest expression of all the qualities found in verse 8.

Discuss

- What is the difference between internal, external, and eternal peace?
- Which of these three must come first? Why?
- How can you have joy even in circumstances that are anything but enjoyable?
- How can you help others rejoice in the Lord when their circumstances make it hard to do so?
- Read verses 6-7. Commenting on these verses, Adam said, "The path to Christian peace is prayer." What happens in prayer that releases us from the grip of anxiety?
- God doesn't just work in answering prayer. He works also in the act of prayer itself. What are some ways you've seen God work in you through the act of prayer?
- What does it mean for the peace of God to be something that "surpasses all understanding" (v. 7)?
- Why is gratitude in prayer essential for peace (v. 6; "with thanksgiving")?