

Philippians Bible Study:

Part 5 - The Peace of God (Philippians 4:1–20)

Opening Question

When you're stressed or anxious, what's your go-to way of finding calm? (Some may say coffee, a walk, music, exercise, prayer, etc.)

Read the Passage (Philippians 4:1-20)

1. In Philippians 4:2–3, Paul calls out Euodia and Syntyche by name. What does this teach us about the importance of addressing conflict directly and involving others? Who is the True Companion and what is their role?
3. Paul urges the church to *rejoice, be gentle, and pray* (vv. 4–6). How do these practices help shift our perspective in times of anxiety or conflict? Which of the three do you find most challenging?
4. Verse 7 promises “*the peace of God, which surpasses all understanding, will guard your hearts and minds.*” How would you describe this peace in your own words? Can you share a time when you experienced it?
5. Paul warns against treating prayer like a formula (pray → peace). In what ways do we sometimes fall into a transactional view of God? How can we move from transaction to relationship?
6. In verses 8–9, Paul connects peace to the way we think and live. What are some practical ways to fill our minds with what is *true, honorable, just, pure, lovely, and commendable*?
7. In verses 10–13, Paul talks about contentment and strength in Christ. How does focusing on “*through him who strengthens me*” (v. 13) change the way we often use this verse?
8. Verse 19 promises, “*My God will supply every need of yours according to his riches in glory in Christ Jesus.*” How does this assurance shape the way we view both our needs and our role in meeting the needs of others?
9. End your time in Prayer.