



## PHILIPPIANS 4 PART 1

*6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6–7)*

Living in a world that is often defined by chaos, division, and relentless worry, finding a place of true stability can feel impossible. Yet, the Apostle Paul offers us a lifeline, reminding us that Christ is our strength and our source of peace even in the midst of anxiety. We are not merely reading ancient words; we are stepping into a training ground where "practice makes progress," learning to stand fast when the ground shakes and to fight for unity in a fractured culture. As Pastor Steve noted, worry often feels like it is strangling us, pulling our minds in opposite directions, but God has provided a cure: the ability to cast our burdens upon Him and let His peace stand guard over our hearts. This study is an invitation to retrain your mind on what is true, trade your panic for prayer, and experience the profound security that comes from the God of peace.

***Read Philippians 4:1-9 Together. What stands out?***

### **Study Questions:**

1. Paul commands the church to "stand fast in the Lord." As Pastor Steve noted, "all other ground is sinking sand." Read 1 Corinthians 15:58. What specific doctrines does Paul mention in that chapter (e.g., the resurrection) that provide the foundation for us to remain immovable? (1 Corinthians 15:58; Psalm 40:2; Philippians 4:1)
2. Euodia and Syntyche are implored to be "of the same mind." Read Jesus' prayer in John 17. According to Jesus, what is the ultimate missional goal of unity among believers? How does personal conflict hinder the credibility of the Gospel? (John 17:20-23; James 4:1-2; Philippians 4:2)
3. The Greek word for "gentleness" (epieikes) implies a "sweet reasonableness" or a willingness to yield one's rights. How does Jesus describe His own heart in Matthew 11, and how does this contrast with the human tendency to demand "my way or the highway"? (Matthew 11:29; Titus 3:2; Philippians 4:5)
4. Pastor Steve referenced Psalm 55:22 regarding casting burdens. Read 1 Peter 5:7. The imagery is of throwing a heavy weight onto someone capable of carrying it. What burdens are you currently carrying that you need to physically and spiritually "cast" onto the Lord today? (Psalm 55:22; 1 Peter 5:7; Philippians 4:6)
5. In verse 8, Paul gives us a list of things to meditate on. This connects to 2 Corinthians 10:5, where we are told to take every thought captive. How does actively filtering your thoughts through the list in Philippians 4:8 serve as an act of spiritual warfare? (2 Corinthians 10:4-5; Romans 12:2; Philippians 4:8)