

Indestructible Joy – Week #6

Philippians 4:1-7

1. Two leaders in the church in Philippi, Euodia and Syntyche had a disagreement **4:1-3**. What is Paul's posture regarding this disagreement? What does this teach us about disagreements within the church?
2. Paul was in jail exhorting people to rejoice. What is your initial reaction when you encounter suffering?
3. What have you learned about rejoicing by reading Philippians so far? What does rejoicing look like in your life?
4. Pastor Karen reminded us that we can rejoice even in difficult times not just because we are happy but because we consciously make a decision to remember who Jesus is and what He has done for us. Who is Jesus to you and what has He done for you?
5. **Philippians 4:5** Gentleness is translated as having a "gentle forbearance with others". Would the people in your life describe you as gentle? Who might describe you as gentle? Who might not?
6. Why do you think being gentle towards each other could help our witness to the world?
7. Why do you think **Philippians 4:6-7** are among the most underlined verses in the Bible?
8. What are you anxious about right now? What do you pray about? Are they the same things?
9. Pastor Karen told a story about the floor to ceiling paper that she and her family wrote what they are thankful for on. She said that it helped her change her perspective from one of anxiety, to one of thankfulness and joy. What have you done in the past to combat anxiety? Did it work?

10. What are three things you're thankful for right now? What could it look like for you to pray with thanksgiving this week?
11. **Matthew 6:25-34** Do you believe that God will provide your needs?
12. **Philippians 4:7** When have you experienced God's peace? In what ways has God's peace felt like protection or a guard?
13. Do you have a plan for how to practice thankfulness?
14. Close by reading through Philippians 4:4-7 praying as you read. Stop at the end of each phrase and follow what it says to do – give thanks, present your requests to God, petition him. Pray about your anxieties and ask God to fill you with His peace.