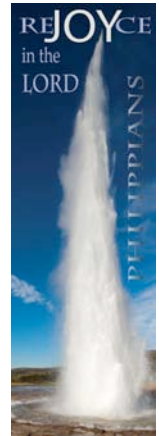


ReJOYce in the Lord
Life Group Questions – November 27, 2011
Pastor Jeff – (Philippians 4:2-7)



Connect

1. What do you look forward to most and least as you prepare for Christmas?

Study

1. Read Philippians 4:2-7. What brief exhortations does Paul give us in these verses for handling stress w/circumstances & people? List some of them.
2. In Sunday's message, we focused on Philippians 4:6-7. Why do you think these verses have meant so much to Christians down through the centuries?
3. Paul says, "Don't be anxious" because worrying is a choice [3x in Matthew 6:25-34, Jesus says, "Do not worry"]. With what cares did Paul (& his Philippian readers) have to struggle? What are some common worries we often hold on to today?
4. Instead of worrying, Paul prescribes a better way—what is it? How do you answer those who say they've prayed but it didn't help them stop worrying? Is it possible to know the promise of Philippians 4:7 if we don't practice the prayer of Philippians 4:6?
5. Paul doesn't prescribe just any kind of praying, he writes—"*but in everything, by prayer & petition, with thanksgiving, present your requests to God.*" Of the 3 elements of this kind of praying, which one stands out to you? How does praying this way change us?
6. Have you ever experienced the peace of God? If you're willing, share a time you have. Jesus' says His peace is not like the world gives (John 14:27)—how is His peace different?
7. When he describes the peace of God, Paul uses a military image (remember Philippi was a Roman colony so Roman soldiers were present)—what does he say God's peace will do in our hearts & minds? Does the peace of God mean God will take away all our sorrows & troubles?
8. What worry or care came to your mind as we studied Philippians 4:6-7 this week? Have you been able to practice praying a Philippians 4:6 kind of prayer? If not, what keeps you from practicing? And if so, what did you learn?
9. How does Philippians 4:6-7 speak to you in this chapter of your life?

Pray

Move into smaller groups of men with men and women with women—and practice praying for a specific care or worry you're carrying right now—it doesn't have to be long or impressive, just humble.