



TEXT: Philippians 4 : 4 - 9

IDEA: How do we have peace instead of anxiety?

1. Think about what we saw in Psalm 73 last week. What is similar between the “description” of what we saw Asaph do there, and the “prescription” of what Paul writes here in Philippians 4:4-9?
2. In the Greek, the word for anxiety includes the idea of being “pulled apart.” How does anxiety and worry hurt us? Why is it so common in the lives of many believers?
3. Read **verse 6**. What are common excuses for or justifications we try to make for allowing worry in our lives? What is wrong with those justifications?
4. Read **verse 4**. How would you describe your identity in Christ? What does it mean to be “in Him”? How does remembering that identity help you find peace?
5. Read **verse 5**. How is worry really a from of selfishness? How does serving others help us find peace?
6. Read **verse 6** again. Why is thankfulness such an essential part of our prayers? What can you be thankful for as you pray today?
7. Read **verse 8**. How does thinking on the attributes of God (such as his sovereignty, providence, power, knowledge, holiness, etc.) drive away worry?
8. Read **verses 7 and 9**. Ponder the amazing reality that the “God of peace” gives you His presence, which gives you the “peace of God.” How should that truth change your feelings (hearts) and your thinking (minds) today as we face the coronavirus situation?