

LIFE Group Discussion Guide

Sermon Series: Joy in the Journey

Sermon Title: Don't Worry, Be Joyful

Sermon Text: Philippians 4: 1-9

Sermon Date: April 28, 2013

Summary: Paul begins to close out this jam-packed letter to the Philippians with a call to get along and be at peace, to be a joyful people and to deal with the anxieties in their hearts through prayer, right thinking and right living. Paul knows that none of these directives cannot be carried out without the power of the gospel message taking hold in their hearts, their only resource to enable them to live as God commands. Paul has an end in mind: a beautiful picture of the Body of Christ before a watching world. He also has the means to the end in mind: the power of the gospel to transform hearts and souls as well as bodies (Philippians 3:20, 21, 4:3).

Discussion questions

1. Why would Paul call out publicly these two women?
And why would he charge a third party to help them?
If you were either of these women, what would you be thinking or feeling as you heard these words read in a worship service?
Any idea what the problem may have been, to warrant getting called out publicly?
What is the value of a third party to solve relational problems?
2. "Rejoice in the Lord always." What does that mean in everyday life? Is it easy?
Difficult?
What are the reasons we lack joy? What does it mean to carry this out? Can we change our moods?
3. How do we let our reasonableness be better known to the people around us?
Why is it important that it be known to unbelievers?
4. What does it mean to be anxious for nothing? What do you think the Philippians were anxious about? Is anxiety a sin? Why or why not?
What is the solution to anxiety?
5. What kind of peace do you get when you pray? Have you ever experienced 4:6-7 in your prayer life?
6. How are our thoughts related to our anxiety?
7. How do we get control of our thinking so that we think right thoughts?
8. How is "right living" related to the peace of God?
9. What is the difference between the peace of God (4:7) and the God of peace (4:9)?
10. Where do we find the resources to put these directives from Paul into practice?