STUDY 4. QUESTIONS

A major part of the study will focus on Philippians 4:4-9.
"Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you."

1. **Think about the way that you pray. How would you rate yourself in**:
   a. Praise — Never……Sometimes……Always
   b. Praying for myself — Never……Sometimes……Always
   c. Praying for others — Never……Sometimes……Always
   d. Praying for my church & its leaders — Never……Sometimes……Always
   e. Confession — Never……Sometimes……Always
   f. Thanksgiving — Never……Sometimes……Always

2. **See Philippians 1:3**
   a. What are the "ingredients" of prayer that Paul includes in this passage?
   b. Why do you think he emphasizes thanksgiving?
   c. How would thanksgiving change the way that we see ourselves and our world?

3. **See the beginning of each of Paul's letters**.
   a. What are the various attributes of the congregations that he thanks God for?
   b. Did you find a letter that did not start with thanksgiving?
   c. If Paul was starting a letter to our church what would he thank God for?

4. **See Philippians 1:9**.
   a. Paul prays that their love might increase. They had been so generous to Paul! Why would he pray that? Surely they had already displayed love!
   b. If Paul was thanking God for a quality in our church what would it be?
   c. If Paul was offering a prayer for our church what do you think he would pray?

Prayer and Anxiety.

5. **Read Philippians 4:4-9**.
   a. Which one of the following would best describe you?
      i. I get anxious about anything, and I feel anxious most of the time.
      ii. I only get anxious about certain issues and feel anxious some of the time.
      iii. I just go with the flow!
   b. Does excessive anxiety affect your health or your relationships?
   c. How does Paul relate anxiety and prayer together?

6. a. What parts of these verses have worked for you?
   b. Have you ever experienced that deep peace that Paul associates with prayer, or are you hoping for that to happen?
   c. What does Paul mean by "God's peace will keep guard over your hearts and minds in Christ Jesus" (v.7)?

7. **Read verses 8-9**.
   How do these verses relate to prayer, peace and anxiety?

8. a. Is there anything that is making you anxious right now that you could ask the group to pray about?
   b. Is there anything that you feel you would like to thank God for?