

PHILIPPIANS



Week 8: The Peace of God

NOVEMBER 20
MCA DISCUSSION GUIDE

Sermon Outline

Key verse

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7

How to stay CALM & win the war on worry

1. Celebrate God's goodness

Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4

2. Ask God for help

In every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6b

3. Leave your concerns with God

Do not be anxious about anything...

Philippians 4:6a

4. Meditate on good things

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

Opening Thought

One of our biggest joy-stealers is worry. Our anxiety can create a rift in our relationship with God. Life is stressful and demanding – sometimes even more so around the holidays. Allow the peace of God to rule in your heart. Jesus brings peace to those who trust him.

Ice breakers

- On a scale of 1-10, what is your level of stress/worry/anxiety right now?
- What do you do to relieve stress?
- When was the last time you were tempted to lose your temper at a stranger?

Dig deeper

- Read Matthew 6:25-34. What lessons can we learn from the birds and the lilies?
- What should we do instead of worrying?
- What does it mean that the Philippians are Paul's joy and crown? (Philippians 4:1)
- Paul calls out two women in the church. What might have been their disagreement? What church disagreements have you been involved in? How was it resolved?
- We are to "rejoice in the Lord always" (Philippians 4:4). What does that look like in your life? Constant smiles and laughter? Something else?
- Paul says in Philippians 4:8 that we are to think about things that are true, noble, right, etc. – things that are excellent and praiseworthy. Q?
- Share an example of something you're thankful for.
- What is something about a trial that you are thankful for?
- Why does Paul say that this peace is beyond understanding?

Closing

Is there something that you need to turn over to the Lord? Do you need to pray (with thanksgiving) and leave your concerns with God?