

Reflection Questions: Philippians 4:4-9

For the study, "Finding Peace in the Storms of Life" prepared by Pastor John Ferguson
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These reflection questions are designed to help you apply the message from the Scriptures by helping you think through application to your personal life, your church life, and your city's life. You can use these by yourself for reflection, or with your family or small group for discussion. To review the message, go to MercyHillBCS.org/resources/messages.

INTRODUCTION

Pray. Take a moment to pray asking God to guide you in reflecting upon the Scripture text.

Read the Scripture text: Philippians 4:4-7

4 Rejoice in the Lord always; again I will say, rejoice. **5** Let your reasonableness be known to everyone. The Lord is at hand; **6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **9** What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Let's get started...

- What initially grabs your attention in this passage?

QUESTIONS

1. Let's think about how this text applies to our lives as individuals.

- (1) Do you ever feel like you are a "prisoner to your thoughts?" Maybe it happens during the day and then it goes away, but sometimes it lasts longer—maybe even for a season. Describe what that feels like for you.
- (2) In contrast to our society that tells us to find peace by emptying our minds, Jesus' Apostle encourages us to fill our minds with what is true, honorable, just, pure, lovely, commendable, etc., and we will find peace, specifically the God of peace will be with us. In what ways have you found this to be true? In what ways have you found this to be challenging?
- (3) The Apostle tells his friends, to put into practice the things they have learned and received and heard and seen in him. He has been an example of someone who is dialed in on Jesus and his kingdom, learning to take every thought and make it obedient to Christ (2 Corinthians 10:5). What would it look like for you to put into practice the discipline of taking every thought and making it obedient to Christ? How do you need to grow in this?

2. Let's think about how this text applies to us as a community of Jesus' followers.

- (1) How can we help each other to take every thought and make it obedient to Jesus? How are we meant to do this together as a community of faith?
- (2) No doubt this takes a certain degree of being vulnerable with one another. Do you view this as a sign of weakness or strength? Explain.

3. Let's think about how this text applies to our city.

- (1) Paul is calling us to a different way of being human in following Jesus; a way that contrasts with our culture that tells us to search for peace by emptying our minds. How might the example of filling our minds with what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise, provide opportunities to talk to our friends about the peace of God that comes to us in the Gospel of Jesus?
- (2) What kind of new life / future in Christ is this text calling our city to experience?

CONCLUSION QUESTION

What is the one thing you want to take away from this study to remember or to make a change in your life?

PRAYER

What are some ways you can turn what you are learning into prayer? List them as bullet points....

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