

DEVOTIONAL

DEVOTIONAL GUIDE | Mar 14 - Mar 18, 2022

Philippians 4:4-7

DAY ONE | Understand Their Story

Read Philippians 4:4-7. This will probably be a very familiar text for many of us!

- List the three commands in these verses.
- In what circumstances do these commands apply, according to Paul?
- In what circumstances would they be difficult for you to apply in your own life?
- How are these commands connected to other themes we have seen in this letter?
- What is the promise indicated for those who follow these commands?

Pray in adoration today as you rejoice in the Lord.

DAY TWO | Understand Their Story

Read Philippians 4:4-7. Today we'll focus a bit more on the details of these verses.

- In what/who are we to rejoice? How often?
- Look up verse 5 in a couple different translations. What idea is being conveyed through the various words chosen by translators?
 - How do you think this verse is connected to Paul's repeated exhortation to unity?
- How are we to deal with anxiety according to verse 6?
 - What does this verse teach about prayer?
- How is peace described in verse 7?
 - Do you have this peace?

Pray in confession today as you reflect on the ways you have not followed these commands.

DAY THREE | Connect to His Story

Read Philippians 4:4-7 again. Focus on verses 6-7 in which Paul exhorts the Philippians not to be anxious about *anything*. This is a common exhortation for God's people throughout Scripture. Read the following passages and note what they teach about dealing with our cares and anxiety.

- Psalm 56
 - What kind of fears and troubles is David dealing with?
 - How does he approach God in the midst of his fear?
- Matthew 6:25-34
 - What types of things tend to cause worry and anxiety in life according to this passage?
 - Why is worrying foolish?
 - What are we to do instead of worrying?
- According to Paul's exhortation in Philippians, David in his Psalm, and Jesus in Matthew, what is the "cure" for worry and anxiety?

Pray today in supplication as you bring your worries and anxieties to the Lord.

DAY FOUR | Connect to His Story

Read Philippians 4:4-7 again. Focus on verses 6-7 and notice how the opposite of anxiety is the peace of God! Look up the following passages and note what they teach us about God's peace.

- Isaiah 25:1-4
 - Who is kept in perfect peace?
 - What is God compared to?
- John 14:1-3, 25-31 (or read the whole chapter if you have time!)
 - Why did the disciples need comfort?
 - How is the peace Jesus gives different from what the world offers?

Paul says that the peace of God surpasses understanding. He uses similar language in Ephesians when he talks about Christ's love and the power God has to answer prayer.

- Read Ephesians 3:16-21 and reflect on how descriptions like this and Philippians 4:7 can encourage us. What do they teach us about God and how can that comfort you today?

Pray today in thanksgiving for the peace that guards your hearts and minds in Christ!

DAY FIVE | Apply to your Story

Read Philippians 4:4-7 one more time and reflect on what you have studied this week.

- Why can you rejoice in the Lord today? List the truths about Jesus and what He has done for you.
- What kinds of things cause you to be worried and anxious? What is causing you anxiety today?
 - What can you be thankful for today as you bring your supplications to God?
- As you seek to live out an attitude of rejoicing and thanksgiving, how can you let your reasonableness/kindness/gentleness/consideration be known to all? What does that look like in your daily actions?

Pray today in rejoicing and supplication as you seek to live out the commands of this text.