



*March 19 - 20 Sermon | Philippians 4:4-7*

### **UNDERSTAND THEIR STORY**

1. Read Php. 4:4-7
  - a. What sort of internal disposition does Paul want to see in Christians? What sort of internal disposition does Paul NOT want to see in Christians?
  - b. How does Paul describe God in this passage?

### **CONNECT TO HIS STORY**

2. Read Psa. 46:1-3
  - a. What metaphor(s) does the Psalmist use to describe his fears and worries?
  - b. How does the Psalmist describe God in this passage?
3. Read Col. 2:6-7
  - a. What metaphor does Paul use here to describe the ideal Christian life?
  - b. How does this passage describe Christian life?

## APPLY TO OUR STORY

The lesson in Php. 4:4-6 is that we can trust God to do right in our lives, and to work in all circumstances for our good, even in the face of big fears and worries.

4. Worry and fear are something every single person faces:
  - a. What worries are you facing right now? What fears are you facing?
  - b. What resolutions or outcomes are you hoping for?
  - c. Where do you turn for distraction or encouragement, as you wait for resolutions?
5. The antidote for worry and anxiety is to have deep roots in God's Word, in the Christian community, and in Church history.
  - a. So, how deep are your roots? Describe your Bible-reading practice with one word or phrase.
    - i. What scheduling challenges, lifestyle habits, or other commitments get in the way of reading the Scriptures?
    - ii. What is one thing you can do to grow in this good habit?
    - iii. What is something you can do to help another person read the Bible more often?
  - b. So, how deep are your roots? What sort of connections do you have with other Christians?
    - i. When and where do you spend time with other Christians outside of weekend services?
    - ii. What is one thing you could do/say to help encourage the other Christians you see on a regular basis?

**PRAYER** Close in prayer for the confessions of the people in your smaller groups:

*Adoration: What can you praise God for, as a result of studying this text?*

*Confession: What might you need to confess to God as a result of studying this text?*

*Supplication: What can you ask God for, as a result of studying this text?*