



Week 4: Philippians 4:4-9

## HIS MIND

What we fill our minds with will shape the outcomes of our lives. As the apostle Paul concludes his letter to the Philippians, he reminds them of their responsibility to fill their thoughts with truth. This is not merely about informational intake; when we fill our minds with God's thoughts, our lives are transformed from the inside out as we move away from anxiety, thanklessness, and hopelessness, and instead, we experience faith, thanksgiving even in trials, and hearts filled with hope and expectancy. Our minds matter, and what we choose to fill them with can have eternal consequences.

### THE SCRIPTURE: PHILIPPIANS 4:4-9

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> 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. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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<sup>1</sup> Scripture quotations are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

<sup>2</sup> Reasonableness - translated elsewhere as "gentleness" (NIV), "moderation" (KJV), and even "graciousness" (CSB), the

## LIFEGROUP QUESTIONS: WEEK 4

### OPENING QUESTIONS

1. How would you explain to a child the concept of worry?
2. How has the content people consume changed compared to a couple of decades ago?

### DIVING DEEPER

3. According to Philippians 4:4, what is to be the basis of our joy? Is this something we find easy to do? Why or why not? What other sources of joy exist?
4. According to the following verses found elsewhere in Scripture, what are some other reasons followers of Christ have for joy in their lives?

Psalm 5:11	
Hebrews 3:18	
Zechariah 9:9	
James 1:2-4	
Romans 5:2	

5. Why do you think Paul commends the believers in Philippi to react with reasonableness, as in with a non-retaliative spirit?
6. According to verse 6, what is the process that God gives us to stop worry? Is this an active process or something that just happens to us? Why is this important?

7. Read Jesus' teaching on anxiety in Matthew 6:25-34. What truth(s) especially stand out to you? Consider the verse immediately prior, Matthew 6:24. What seems to be a major prompter for anxiety?
  
8. Why do you think it's so difficult for us to pray when we are stuck in places of worry?
  
9. Do you believe what Paul says at the end of verse 7? How have you experienced that kind of peace in your life?
  
10. What would it look like for you to practically begin living out Philippians 4:8? How could you incorporate this into your daily life? Consider examples from Psalm 40:8, Psalm 119:11, Ephesians 5:18-19, and 1 Timothy 4:13. Can you think of additional ways to achieve this?
  
11. There are two promises in this passage, highlighted by Paul's use of the word "will." Using the chart below, identify these promises and the conditions required to activate them.

VERSE	PROMISE GIVEN	HOW CAN WE LAND ON THIS PROMISE?

12. As this week comes to a close, identify one or two areas of your life where the Lord is calling you to surrender anxiety. Additionally, choose one new way to fill your thoughts with God's truths.