

Philippians 4:4-8; Philippians 4:4-8 (MSG)

1. Joy

This is an attitude that is deeper than a smile, deeper than the circumstances that I am going through.

2 Corinthians 5:17 (NKJV); 1 John 5:11-13; Philippians 4:5

Philippians 4:2-3

2. Worry

Philippians 4:6

When we rehearse something negative in our minds that may or may not happen.

1 Peter 5:7-9; Matthew 6:34

3. Prayer

Philippians 4:6; Psalm 91:1-6, 9-11

4. Peace

Philippians 4:7

"Guard" means to be a watcher in advance.

John 14:27

5. Thoughts

Philippians 4:8

"Fix your thoughts" means to take inventory.

Luke 6:43-45

Philippians 4:9; Romans 15:13

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this past week.

Review:

Turning our worries and anxieties into words and thoughts of prayer will bring joy and peace into our hearts and minds.

Open Up:

Are you more likely to be concerned about yourself, your family and others, or the world situation?

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ Read Philippians 4:4-8. Of the five words Pastor Sam highlighted (Joy, Worry, Prayer, Peace and Thoughts) which one stands out to you as relevant in your life right now and why?
- ▶ How would you define joy?
- ▶ Pastor Sam said, "Rather than spending your time worrying find scriptures that cover your need and pray them over your situation." How can we find these scriptures?
- ▶ Read Luke 6:43-45. How can we fill our treasury so we can draw from it when necessary?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

What are you most tempted to worry about in your life at this time?

What is one step you will take to guard your thoughts and not let any "birds" land in your nest?

Pray:

Release worries to the Lord and ask that he fills our treasuries with peace.