

Home Group Helps

Philippians 4:6-9

Joy for the Journey: Thinking Rightly

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.

I. Do Not Be Anxious but Pray (v.6-7) – 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.

II. Do Think About Good Things (v.8) – 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.

III. Do Obey Like Paul (v.9) – 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.

1. Launching Question(s):

- What are the major sources that tempt you to anxiety?

2. Observation Question(s):

- How is your joy connected to right thinking?
- “Worry” comes from an old English word meaning “to strangle.”
- Why is it, then, that we seem to justify our worry so often?

3. Interpretation Question(s):

- It is said that “worry is the failure to believe in God’s promises.”
- Do you agree?
- If that is true, how might you train yourself to believe in God’s promises?
- Hebrews 11:6 states, “Without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”
- How does faith push out anxiety?
- In this text, Paul offers a solution to anxiety: “but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”
- How does prayer bolster faith and diminish anxiety?

4. Reflection Question(s):

- Ponder the eight good things that you are to dwell upon (v.8).
- To what extent are you already thinking about these good things?
- Are there areas that are a struggle to think upon?
- What negative things are you dwelling on instead?

5. Application Question(s):

- How will you pursue godly thinking more proactively?