

## KEY TEXT:

## PHILIPPIANS 4:1-23



### CENTRAL IDEA

REJOICE IN THE LORD ALWAYS!

### OPTIONAL VIDEO

<https://www.rightnowmedia.org/Content/Series/338397?episode=8>

### QUESTIONS

1. Paul urges the Philippians to go to God “with thanksgiving” in 4:6. In what ways could gratitude help us when we’re anxious? (To be clear, these verses do not say that if you struggle with depression or anxiety that you must only seek God for a cure. Please seek medical and professional help if you’re experiencing mental health issues.)
2. Verse 8 points to setting our minds on good, holy things. If you consider your thought life, which of the words Paul lists stands out to you the most? Why?
3. In verse 4:11 Paul talks about contentment. If you asked five people who know you whether you were content, what would they say?
4. We’ve talked about rejoicing throughout our study on Philippians. What have you learned about rejoicing by reading Philippians? What does it mean to you to rejoice in God?

### GOING DEEPER

<https://www.desiringgod.org/labs/can-anyone-really-rejoice-always>

### NEXT STEPS

What are three things you’re grateful for right now? What could it look like for you to pray with thanksgiving this week? Personally? As a group?

### SHARE

Now that you’ve spent time learning about this part of Philippians, how would you explain the main points of these verses to a friend? If you were going to explain what you learned to a friend, what would you say?