

Disciples Church

Joy in Anxiety- Philippians 4:1-9

Week of August 23, 2017 <> Joshua Kirstine

**Discussion Guide**

Read Philippians 3:20-21.

Talk about who you are in Christ and what that means for your life.

How is Paul’s identity in Christ his source of joy despite his circumstances?

**1. Help from the body of Christ**

**Philippians 4:2-3**

What does Paul mean by “agree in the Lord”?

Why is this a helpful thing in the body of Christ?

Why is church leadership or a mature church member a great help when it comes to mediation of a dispute?

Have you used this help before and, if so, how did it help?

**2. Defining and dissecting anxiety**

Anxiety and worry are stressing about a given situation and letting its possible outcome negatively affect you. The problem is worrying doesn’t help us or the situation in any way.

Talk about a time where you overstressed and were really worried. Looking back, can you see how detrimental it was to you and your testimony?

Talk as a group about how when we worry we really are misapplying the gospel and instead of walking by faith we walk only by sight.

**3. Rejoice in the Lord always.**

**Philippians 4:4**

Read Matthew 6:19.

Talk about how this perspective helps us live in joy instead of live in anxiety.

Why does our new birth in Christ give us reason to rejoice always?

How does this combat the struggle of our flesh to stress on temporary things and truly rest in and enjoy our God?

**4. Live in holy moderation**

**Philippians 4:5**

Read Philippians 4:5.

Pastor helped us understand that “reasonableness” here means “radical evenness of temper”. It is a Spirit-empowered balance in how we navigate life. We are not overly excited or overly destroyed by the happenings of life because of who we are in Christ.

Read 1 Corinthians 7:29-31.

How does our “radical evenness of temper” help us to have a right engagement and grip on these things? How does this affect our anxiety or peace?

**5. Experience peace through prayer**

**Philippians 4:6-7**

Pastor will often say that a big part of what our prayer life is meant to do is to help us yield to God and join Him in what He is going to do in that situation.

With this in mind, how does praying often about something instead of worrying about it help us have a peace that is beyond our understanding?

How has this shown fruit in your own life? How do you struggle with this?

How can you truly help each other do this better?

**6. Know the God of peace**

**Philippians 4:8-9**

Do you find yourself wanting the “peace of God” of the “God of peace”?

Why is the order of this longing and desire important?

\*Spend some time in prayer as you close.