

# Philippians 4:6-9

## Study Questions – Lesson 9

1. This week's memory verse is Philippians 4:6-8

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.”

2. Verse 6 begins with “Be anxious for nothing.” Define anxious.

- Read Luke 12:22-32. List some things people worry about.
  
- What does worrying reveal about a believer's:
  - - a. Knowledge of God?
  
    - b. Priorities/goals?
  
    - c. Faith?

3. What is one of the best reasons we need not worry? Luke 12:24, 32; 1 Peter 5:7

4. Comment on this quote from Oswald Chambers:  
“Worry always results in sin. Fretting rises from our determination to have our own way. Our Lord never worried and was never anxious because His purpose was never to accomplish His own plans but to fulfill God’s plans.”
  
5. There are many opinions about what helps prevent worrying. What advice have you heard?
  - o What is the *one* solution God has given for worry in verse 6?
  
6. In verse 6, there are three aspects of prayer mentioned. “Prayer” is the general word for making requests of God, but it also includes worship and adoration. “Supplication” is bringing specific requests to God. “Thanksgiving” is remembering what God has done and taking the time to say, “Thank You.” Read the prayer recorded in 1 Chronicles 29:10-19. List a few examples of how worship, specific requests, and thanksgiving are all included in this prayer.
  
7. What does the Lord promise in verse 7 to those who pray instead of worry? How is it described?
  - o Explain the description in your own words.

## The Importance of Peace:

### **Peace with God**

As believers, we have been given peace with God through Jesus Christ. (Colossians 1:20) Can you imagine facing life without knowing you have peace with God? The world does not possess this peace; it *only* comes from God. (Judges 6:24; Romans 15:33) Our peace with God is a precious gift; we simply receive it by faith in Christ. (Acts 10:36; Romans 5:1) We are no longer enemies of God, but His beloved children. (Romans 5:10; 1 John 3:1)

### **Peace of God**

Peace with God speaks of our restored relationship with God because of Christ. The Bible also states that, as believers, we have the peace *of* God, His very own peace. All three Persons of the Trinity have bestowed peace to believers. Peace is the fruit of the Holy Spirit who lives within every believer. Jesus stated He has given us His peace and the Father has as well. (John 14:27; Galatians 5:22; Colossians 3:15) It is important to the Lord for us to know that His peace is now ours.

### **Peace with others**

Peace with others is also important. It is difficult when our relationships with others are strained. The book of Philippians states in many ways the importance of unity. Synonyms for being at peace with others are friendship, unity, harmony, reconciliation, and love. These are all things we want in our lives. The antonyms (opposite) of peace are discord, disagreement, fighting, agitation, and hate. These words show how destructive a lack of unity is in our lives.

Unity among believers is important to the Lord. He instructed us to love one another in the *same* way He loved us. (John 13:34-35) He gave us an example of what His loved looked like – selfless, humble, and completely obedient to the Father. (Philippians 2:5-8)

### **Peace within**

As believers we are meant to enjoy this gift of peace we now have. The synonyms for peace within are tranquility, calmness, rest, stillness, relaxation, composure, and contentment. Why do some believers seem to live in a state of distress and anxiety rather than peace? What causes peace to come and go? Peace within is a gift from God but we have a part to play in receiving and enjoying it. His peace is given His way. There are commands to obey that we may enjoy God's peace. Philippians 4:6-7 describes the command that leads to peace beyond our ability to even understand it. It is peace that is available in the middle of trials and pain. This peace is given as we pray and trust Him to answer in the way He knows is best. These verses don't state that peace comes when the prayer is answered. The peace comes when we pray! One commentator said that when we pray, God's peace stands guard before the door of our heart to keep worry out. What a beautiful picture!

8. Verse 8 addresses a believer's thought-life. How do the thoughts of a believer affect their attitude and actions? Proverbs 23:7a; Isaiah 26:3; Romans 12:2; 2 Corinthians 10:5

9. Believers are to meditate on the eight things listed in verse 8. "Meditate" means to let your mind continually dwell on them, to carefully think about them. Define each of the following:
- True
  
  - Noble
  
  - Just
  
  - Pure
  
  - Lovely
  
  - Good report
  
  - Virtue
  
  - Praiseworthy
10. These "good things" we are to meditate on are all found in the person of Jesus Christ. Pick one or more from the list in verse 8 and describe how it was demonstrated in Christ. Include Scripture if possible.
11. The presence of God was mentioned in verse 9. What is necessary to enjoy the Lord's nearness?  
John 8:29, 14:23

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## Discussion Questions – Lesson 9

1. Look up the word “anxious”. What are some things you tend to be anxious about?
  - What do verses 6 and 7 tell us to do instead of being anxious, and what are the results?
  - Give an example of how you have experienced or seen verses 6 and 7 work in your own life.
  
2. Look up the word “supplication.” How is this different than prayer?
  - When was the last time you pled with God for something?
  - Describe some ways that God answered your supplications.
  
3. The end of verse 6 says, “with thanksgiving, let your requests be known to God.” How does gratitude help a believer to trust rather than to worry?

