Peaceful Living, Part 2
Phil. 4:4-9

Getting Started

- What are two to three main sources of your anxiety today, and how does that anxiety manifest itself in your emotions and your life? How attractive do you find the idea of knowing peace about those things?

Key Ideas for Discussion

1. The Priority of Peace in Our Church Family (v.2-3)
2. The Pathway to Personal Peace (v.4-7)
   A. Rejoice Always
   B. Respond Gently & Kindly
   C. Stop Worrying!
   D. Pray Thankfully
   E. Think Carefully
   F. Live Rightly

TT: Our peace with God through Jesus provides the peace of God for all of life.

Digging Deeper **(Read the sermon text again and discuss the following questions.)**

- Go back and review the eight areas to think about in verse 8 and answer the following questions:
  - The word "think" in verse 8 means: dwell on, to contemplate about, to be focused upon mentally, to reckon, to evaluate, to consider and conveys the idea of thinking carefully about something. It is a mathematical term from which we get our English words "logic" and "logarithm".
  - Based upon this understanding of the word, how would you interpret Paul's overarching command in verse 8?
  - Why do you think Paul stresses our thought life and thinking as an important ingredient for peaceful living?
  - Do you have any questions about the 8 areas of thought?
  - Of the 8 areas is there one that is more natural for you to obey? Is there one that is more difficult?
  - What are the qualities of wholesome thinking as Paul gives it to us?
  - What does it take for you to think worthy thoughts?
  - To what extent are you already thinking this way?
  - Are there ways you are failing to think like this? What are you dwelling on instead?
  - How will you pursue godly thinking more proactively?

- In verse 9 Paul encourages the Philippians to practice what they have seen in him. Who in your life has been someone who lived out what Paul says in verses 4-8, a person whom you would willingly pattern your life after other than Christ?

Apply It!

- If you were more gentle, thankful, and joyful how might your family and friends be affected?
- What does it take for you to think worthy thoughts?
- In what areas of your life do you need to follow Paul's example?

Think About It!

When we read the virtues listed in verse 8 in the light of Paul's gospel-focused message and lifestyle in verse 9, we see that he is not just saying, "Think good thoughts, like the upright pagans." Rather, he is calling us to ponder the dimensions of Christ's perfection. Christ is the standard of truth, honor, justice, purity, beauty, and praiseworthiness. (Dennis Johnson)