



MESSAGE REVIEW

As we continue to navigate the storms of life raging all around us, who is looking to you to provide direction and a sense of hope in the midst of them? One of the greatest gifts you can offer someone during times of crisis is a non-anxious presence and Philippians 4 is full of practical help for how to do that. What we dwell on in our heads determines the condition of our heart.

WARM UP QUESTION

On a scale of 1-10, rate yourself as a worrier (1 – it's all good 10 – disaster is looming around every corner). Share some examples.

- 1** Read Philippians 4:4-9. Together as a group, list out the commands and the promises of these verses. Make two lists if you find it helpful. Which command do you struggle with the most? What promise is most meaningful?
- 2** What superlative and repeated words does Paul use in vs. 4-7? What point do you think he's making by doing this?
- 3** How is joy in the Lord different than other kinds of joy? Where do you usually turn to find joy? What story does a life of joy in the Lord tell a watching world?
- 4** Compare your prayer life to vs. 6. What practical steps can you take this week to turn worries into prayer? To cultivate a heart of thankfulness to God for all He has done?
- 5** Spend a minute talking about the word 'guard' from vs. 7 (dictionary, imagery). How are you guarding your heart and your mind on a daily basis? How do vs. 8-9 offer practical help with this?

RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you do it?

Encourage group members to read Daily Bible Reading on the church app or have them delivered to their inbox daily. Subscribe at tpcc.org/daily-bible-reading. Use your group chat to check in on thoughts about these throughout the week!