

Lesson Four: Peace – Overcoming Anxiety

(read *Philippians 4:4-9*)

1. What key words or phrases do you notice?
2. What elements do you notice that may be connected to possessing “the peace of God”?
3. Paul urges his readers: “Let your gentleness be evident to all”. Gentleness implies showing kindness in the face of unkindness. How can a gentle response enable us to live at peace with others?
4. According to verse 6, what is Paul’s antidote to worry and anxiety, regardless of the situations we face?
5. Why is it important to balance our prayer requests with thanksgiving?
6. It doesn’t make sense to feel peaceful when facing something that normally makes us anxious. How does Paul assure us that God can calm our fears – even when we can’t figure out how this works (v. 7)?
7. How can focusing on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy help us overcome our anxiety and feel at peace?
8. In verse 7, Paul promised that the Philippians would experience the “peace of God” in response to their prayers and thanksgiving. In verse 9 he promises that the “God of peace” will be with them as they follow his teachings and actions. How are these two promises interconnected?
9. In the Old Testament, the word often used for peace was *shalom*. This word indicates a wholeness of completeness versus an absence of anxiety or fear. How might *shalom* help us better understand the Holy Spirit’s work in filling us with His peace?

(Summary)

10. Read Matthew 6:25-34 and John 16:33. How do these passages add to what you have learned in *Philippians 4:4-9*?

