

## I. Synopsis

During the month of October we will look at Paul's letter to the church in Philippi. This is a church, which Paul planted during his 2<sup>nd</sup> missionary journey. Ten years later he writes to those he dearly loves in Philippi as a way to encourage them. Paul is able to rejoice beyond his circumstances, because he has God's peace. He explains how it is possible to have God's peace regardless of our life situations.

## II. Ice Breaker Question

What images come to mind when you think of the word peace?

## III. Scripture: Philippians 4:4-13(ESV)

## IV. Discussion Questions

1. Paul encourages us to discipline our thoughts, 4:8. The verb "to think about," in the Greek is *logizomai*, which means to give proper weight and value. What does the media attempt to encourage us to think about? How does this align with what Paul encourages us to think about in verse 4:8? How do you suppose that disciplining our thoughts changes our perspective?
2. Paul tells us the antidote to anxiety is prayer. Paul tells us to prayer with thanksgiving, 4:7. Are you able to share one or two blessings that God has showered upon you? How does focusing on God's immeasurable blessings on our life change our perspective?
3. Read aloud the following words of blessing, "I bless you in the Name of Jesus. I bless you to know the Father's heart for you and the depth of the love that He holds for you. I bless you with the joy of Jesus. I bless you with His faithfulness regardless of life's circumstances. I bless you with the peace and the power of the Holy Spirit, that you may walk well in the paths the Lord has established for you. I bless the plans and purposes He has for you life. May you always see His hand in them. I bless you in the Name of the Father, Son, and Holy Spirit, that you may flourish in every good work that He has prepared for you." How does this blessing have the potential to impact your life? How does this blessing bring God's peace in your life?