
CHURCH IN COMMON

COMMON JOY—PHILIPPIANS 4:1-9

Open in prayer. Pray that you can know that the Lord is near. Be thankful for this evening *before* any of the discussion happens! And pray that you may go your own ways afterwards with peace.

Icebreaker: Can you share about a particularly anxious or stressful time in your life? What was it like? What or who helped? (perhaps this is the one thing you talk about tonight!)

What?

Read Philippians 4:1-9. What were some of the factors causing stress in the church?

Which of these has caused stress in your life or relationships? How?

Paul lived in a particularly stressful situation in prison, but he was remarkably at peace. Why is that? (*discuss first, then read Phil. 1:21-26*)

So What?

How has prayer comforted you when you were anxious?

In addition to prayer, what other gifts of experience, rest, and science have brought peace to your worry?

Now What?

Reflect on the promises of verses 7 and 9. How have you experienced the peace of God in the midst of difficult circumstance

As you close in prayer, accept and claim the promise that God's peace will keep guard over your hearts and minds in Christ Jesus.