

4U – PEACE

ICEBREAKER

Tell about a time when you completely overreacted in a situation?

Read Philippians 4:2-8

DISCOVERING

1. What are the themes of the final chapter of Philippians?
2. Whose names are written in the book of life?
3. What were the people of Philippi encouraged to “Keep putting into practice”?
4. In the final greeting who belongs to Christ Jesus?

DIGGING DEEPER

5. What is the “joy” Paul refers to in Philippians 4:4?
6. Does “don’t worry about anything” in Philippians 4:6 equate to giving up responsibility for decision-making? Why/why not?
7. Paul describes contentment despite his circumstances. What is the secret Paul has learned that allows him to make this statement? How can we discover the secret?
8. Paul greatly appreciates the generosity of the people at Philippi. Is Paul seen by others as generous?

APPLICATION/RELEVANCE

9. In what ways have you experienced the peace spoken about in this passage?
10. Is there a sense of “unpeace” in your life because of wrong thinking and/or poor decision-making? How might you change this?

HOW TO MAINTAIN YOUR ENTHUSIASM AND CREATE A SENSE OF PEACE IN YOUR LIFE

(Please work through these 8 steps in your life group if comfortable or encourage members to do so during the coming week)

Please consider how you would respond to each of these practical steps.

- 1) Don't lose sight of your long-term goal.
- 2) Grab the reins of your life by getting your goals crystal clear.
- 3) Do reality checks on your expectations.
- 4) Make friends with the feelings you fear the most.
- 5) Get beyond obligatory thinking.
- 6) Clear up your bad conscience.
- 7) Remember to recreate regularly.
- 8) Finally be much, much more gentle on yourself.