

# A Life to Die For

Part 11: Peace  
Philippians 4:1-9

## Launch

Think back to your childhood. What caused you the most anxiety?

## Explore

### Read the passage

Why do you think Paul makes such a public display of these women? What is the basis of Paul's appeal to them?

Why do you think Paul is so serious about showing our "graciousness" or "gentleness" and "being anxious for nothing"? Why would he mention this in this context? (Hint: Think back to Euodia and Syntyche. Are anxious people reasonable or easy to get along with? How would disunity in the church affect their witness to the outside world? How would anxiety?)

How does praying bring peace? When you think about praying, why is it important to remember "the Lord is near"?

What does it look like for the God of peace to be with someone? Why would this happen as a result of following Paul's teaching and example?

## Apply

What sorts of things occupy your mind? How does your preoccupation with these things affect your relationships? How does it affect your joy and peace?

When you feel anxious or depressed what do you do to feel better? What would it look like for you to use prayer and your mind to fight for joy or peace like Paul is describing in verses 6-8?

What about Jesus, his person or work, is most joyful to you? Share with the group. Where have you seen God at work in your life for which you are thankful?

## Pray

What are the concerns you need prayer for right now? Share them with the group and the Lord. Pray together for these concerns with an attitude of thanksgiving.