

JESUS CARES ABOUT YOUR MENTAL HEALTH

God Wants Me to Have Peace Not Anxiety

Philippians, #18

May 11–12, 2024 // Sermon Study Guide // Pastor Mark Henry, D.D.

Text: Philippians 4:4–7; Selected Passages

Truth Points: What truth was covered this weekend in the message?

1. Read Philippians 4:1–9 to yourself and then read it out loud. What stands out to you in verses 4–7?
2. What is the rhythm of peace found in Philippians 4:2–9? Why did it matter then and why does it matter now? Are things more stressful today?
3. What is central to the paragraph in verse 6? What is the goal in verse 7?
4. How do these three steps facilitate peace?
 - Rejoice (v 4)
 - Gentleness (v 5)
 - Prayer (v 6)
5. God intends Jesus' coming to mean something in our daily lives. What is it? Consider Philippians 3:20 and 4:5.
6. Why does God want you to have peace? What makes God's peace unattainable now?
7. How does Daniel model the peace of God that surpasses all understanding? How is this peace contrasted to that of King Darius?

Reflection Points: How does God want me to think, feel, act, and speak because of this truth?

1. What is the root of my anxiety? How is God intending to meet me according to this passage? Do I really believe God's peace is possible?
2. What is my joy temperature at this moment? Is it what God would have for this hour?
3. Am I known to be a gracious, gentle, or forbearing person? Does my spirit among peers reflect the intent of God?
4. Do I have peace with God? Do I have peace with others? Do I have peace of mind? Why or why not? How do I develop God's peace right now in my life?

Action Points: What am I going to do this week because of this truth?

1. Read Philippians 4:1–9 every day. With a pen in hand, make notes in the margin as you read, think, and pray over it.
2. Ask yourself four questions, three times a day:
 - What is my joy level?
 - Have I shown gentleness toward my peers?
 - How is my prayer life today?
 - Do I have all the peace God intends for me today?
3. Find the rhythm of walking with God that is consistently declaring, "Lord, I trust you and I need Your peace for this day, this hour, and this minute."
4. Share with someone what you are learning about following Jesus and living at peace.