

SO WHAT

- On a scale of 1 to 10, what do you think is the anxiety level in your life right now? What does God say about these worries in His Word?
- What are the top two things that cause you to worry or be anxious? What do you think can help you not to worry about these anymore?
- What did Jesus tell us not to worry about? (See Matthew 6:25-34.)

NOW WHAT

- How can we fix our eyes on the Lord and His promises and not on our problems and concerns?
- What are some practical steps you can do to eliminate worry in your life?
- What is one recent answered prayer that you are thankful to God for?

PRAYER

- Ask the Lord to give you a thankful and joyful spirit at all times (1 Thessalonians 5:16-18).
- Pray for the things that concern you and believe that God will meet all of your needs.
- Pray the following thanksgiving psalms and personalize them as you declare them to the Lord (Psalm 28:7; 95:1-3; 100:4-5; 106:1; 118:1, 5-8, 21).



Copyright © 2013
 Permission to photocopy this material from Victory®
 is granted for local church use. This is not for sale.
 victory.org.ph

WEEK 4



Peace in Christ

NOTES

CONNECT

- Where is the most peaceful place you have ever been to? What do you think makes it peaceful?
- What do you usually do to de-stress and relax?
- When you have a problem, with whom do you share it first? Why?

WORD

⁴Rejoice in the Lord always. I will say it again: Rejoice!
⁵Let your gentleness be evident to all. The Lord is near.
⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. PHILIPPIANS 4:4-7

WHAT

While under house arrest in Rome, Paul wrote his letter to the church in Philippi to strengthen them in their faith by showing them that genuine joy comes from Jesus Christ alone. Let us look at what the Bible says on how we can have peace even if we live in the midst of a stress-filled world.

1 Rejoice in the Lord always.

Finally, my brothers, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. PHILIPPIANS 3:1

It is somewhat extraordinary for a man in prison to tell the church to rejoice (Philippians 4:4). Paul’s heart is full of joy and peace because he is focused on the Lord. Paul’s joy is based on his faith in Christ. What is God’s promise in Isaiah 26:3 and how can you live this out?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

2 Do not be anxious about anything.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. PHILIPPIANS 4:6

We should not worry, fret, fear, or be restless about anything because the Lord is near and is always with us. This is a command from the Lord, not an option. Researchers at the University of Cincinnati found that eight-five percent of what we worry about never happens. What reasons do we have to worry when we fully put our trust in God (1 Peter 5:7; Romans 8:28; Jeremiah 29:11-14; Psalm 55:22)?

.....
.....
.....
.....

3 Pray with thanksgiving to God.

¹⁶Be joyful always; ¹⁷pray continually; ¹⁸give thanks in all circumstances, for this is God’s will for you in Christ Jesus. 1 THESSALONIANS 5:16-18

The prayer of petition with thanksgiving is a safeguard against worry, anxiety, fear, and apprehension. When we tell God our concerns, it means that we trust Him to take care of all of our needs. God’s peace fills our hearts as a result, guarding against worry and protecting our thoughts and desires as well. What can you do to cultivate a grateful heart at all times?

.....
.....
.....
.....