

# PHILIPPIANS 4:4-9

## Sermon Reflection Questions

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*These questions are designed to help individuals, families, and small groups discuss and apply passages in the Philippians sermon series as taught at Grace Bible Church in fall 2018.*

### Observe & Interpret

**Read** Philippians 4:4-9. List all of the commands Paul gives (just the verb is sufficient - you don't have to include all the specifics).

Describe in detail the kind of prayer (v6) that unleashes God's peace (v7).

In v8-9 Paul connects "peace" with our thoughtlife (v8) and our behavior (v9). Why? What is the relationship between our thoughts and behavior and our experience of peace or anxiety?

### Apply

Complete this sentence with specific steps you will take. *The next time I feel stressed, I will...*

Re-read v8. Consider the typical thoughts you "dwell" on in your free-time (e.g. not in class when you should be thinking about coursework or when you're listening to someone else speak). How well do these thoughts line up with these guidelines? What common thought patterns in your life run contrary to v8?

### Memorize Philippians 4:8

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.