



## SERMON REFLECTION QUESTIONS – February 18, 2024

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**Sermon Series:** Authentic: Real Life in Christ, Inside & Out  
**Sermon Title:** Prescription for Peace  
**Scripture:** Philippians 4:1-9  
**Preacher:** Rev. Andrea Messinger, Ecclesiastical Support Coordinator, ECO

**Theme/Concept:** Paul begins by encouraging the Philippians to stand firm, not waver in their faith. He also exhorts two women who are bickering to make up. This passage is applicable to all of us as we tend to worry and fret---God gives us a very practical prescription for the problem of worry and anxiety. I think of verses 8-9 as a filter---that whatever consumes our mind, whatever worry and anxiety we have, we run them through the filter of God's amazing faithfulness and goodness. For study- one way to go through this passage is to make a list of all of the commands and a list of the promises given.

**Icebreaker:** (if with a small group) How do you tend to deal with conflict?

**Reflections on the sermon:** What did you learn from the sermon about God's prescription for the problems of worry and anxiety?

**Scripture:** Philippians 4:1-9 (New International Version)

**4** Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

<sup>2</sup> I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. <sup>3</sup> Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

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

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

### **Reviewing the Scripture:**

1. Based on your previous study of Philippians, what do you think Paul was referring to by 'therefore' and by his instruction to stand firm 'in this way' in verse 1? What does it mean to 'stand firm' in the Lord?
2. Why do you think that Paul referred to the Philippian believers as his 'joy and crown'? What does this tell you about how he felt about this congregation?
3. What was Paul asking in verses 2 and 3? Why did he plead with these two women? How had they helped Paul in the past?
4. What does it mean to have the 'same mind in the Lord'? Does that mean that believers must agree on everything?
5. What is the 'book of life'? (See also Revelation 3:5, 13:8, 20:12, 20:15)
6. When Paul said in verse 5 that the 'Lord is near,' was he referring to nearness in time or space or both? Please explain.

7. What commands do you find in verses 4 through 9?
8. What promises do you find in verses 4 through 9?
9. Explain in your own words what Paul urges us to focus on in verse 8 and explain what each of the terms mean.
10. Explain what action we are urged to take in verse 9 and what result is promised.

**Going deeper:**

1. What are some examples you have experienced of someone letting their 'gentleness' be known to all men'? Is that gentleness displayed in your life? What steps might you take to achieve that goal?
2. What are some of the insights you gained from this passage about how to live at peace with difficult family members, colleagues and friends? How can you be an effective peacemaker this week?
3. When you are anxious or depressed, what do you usually do to feel better? What are some of the 'antidotes' to worry and anxiety mentioned in verses 1 through 9? (See also Matthew 6:25-34 and Psalm 37:4)

4. What does it mean to rejoice in the Lord? Why do you think that Paul specifies 'always'? Describe how it might be possible to do this even in hard times.
  
5. How should knowledge of Christ's imminent return affect a person's attitude? (Verses 5-7)
  
6. Do you think that making a conscious effort to think worthy thoughts changes your outlook and your actions with others? What is a good way to start?

### **Sharing your love with others:**

Has your group considered what you might do as a team this season? Perhaps your small group can participate together during the upcoming Community Ministry Super Serve Day (April 13) or the Orange County Rescue Mission Serve Day? (March 23) Check out our Trinity supported local outreach partners at <https://trinityconnection.com/local/>

### **Closing prayer:**

Dear Lord-

We are grateful that you understand our human condition and know how easy it is for us to take our eyes off you. Thank you for your patience with us and for giving us your Word to help us experience the joys that can be ours on Earth.

Help us to rejoice in your love even when the situation is difficult. Help us to focus on what is lovely and conduct ourselves in such a way to receive your peace. Help us as believers be of the same mind and thus bring unity to the church and a strong witness to the community.

In Jesus name, AMEN.