

Lesson Notes: Philippians 4:4-7 (NIV based)

READ: Philippians 4:4-7, with vv.1-3 for context

v.4

As we true believers endeavor to "stand firm in the Lord" (v.1), and we deal with problems that arise along the way (vv.2-3), what should be our prevailing demeanor or frame of mind? Why?

It is relatively easy to possess a "rejoicing" demeanor when all of the aspects in life are going our way, are transpiring in ways that are agreeable and/or beneficial to us. But when aspects in life are transpiring in ways detrimental or even harmful to us, what does it take for us to nevertheless "rejoice in the Lord always"?

v.5a

Why are we to exhibit "gentleness" as we go through life? Why is that important, particularly as a dominating and visible character quality of a believer?

Theorize as to what unbelievers will think when they see a believer consistently conducting himself or herself with gentleness?

vv.5b-6

What is "anxiety"?

From this verse, is anxiety a sin? And if so, why and how? Analyze and explain.

What prescription or treatment plan does the Word of God give here for dealing with anxiety? And how does the truth and reality "The Lord is near" fit into the prescribed treatment of anxiety?

What is implied in this verse about God's reaction to having these "requests" "presented" to Him?

v.7

This way that God prescribes to deal with anxiety, does it cure anxiety or does it just help a person cope and manage anxiety?

What are the expected results of this God-prescribed way to deal with anxiety?

Thereby, what aspects of this God-prescribed way should make this approach effective in dealing with anxiety?

What is the difference between "hearts" and "minds"?

If we consider verses 4-7 as a whole, what is implied as to why we should "present our requests to God" (v.6) as a treatment for anxiety? (Hint: see v.6b and link its principles to 1 Peter 5:7)

MAIN POINT: What would you say is the main point in these verses?

IMPORTANT SUB-POINTS: What are some other important points God is making here in these verses?

APPLICATIONS: What applications can you think of for how we should respond to the concepts in these verses?

PERSONALIZED APPLICATIONS: From these verses, what do you think God wants you to learn, or know, or remember, or put into effect in your life? How are you going to do that?

For those of you who struggle with anxiety, what treatment approaches have you tried and what results did you experience from them? Have you researched what God's way is for dealing with anxiety, and tried that yet?

If God prescribes His way of dealing with anxiety, but you pursue some other way of dealing with anxiety, how much assistance do you think God will give you as you pursue a way that is different from what God prescribes?

Works Cited:

Bible. "The Holy Bible: New International Version." *The Bible Library CD-ROM*. Oklahoma City, OK: Ellis Enterprises, 1988.

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