

Philippians 4:2-9 – Gospel centered peace

1. What sort of things do you worry about?

Read Philippians 4:2-9

2. List all of the commands in this passage.

3. In verses 2-3, Paul addresses two women in the Philippian church. What is the problem? What is his solution?

4. What does it mean to rejoice 'in the Lord'? List some ways we can do this.

4. How might the command to 'let your gentleness be evident to all' be linked to the other commands around it?

5. In verse 5, Paul tells us "The Lord is at hand" (or "near", as the NIV translates it). What could he mean? What light does Psalm 145:14-20 shed on the significance of this saying?

6. In verses 4-7, Paul addresses our anxieties. How does Paul urge us to respond to anxiety, and what is the result?

7. What can you do practically to help yourself and each other be thankful and bring your requests to God?

8. What do these verses tell us about having the 'peace of God.'

9. Thinking on what is 'excellent and praiseworthy' is vital for our peace. In the following areas, how might we (a) face wrong thinking and (b) direct our minds to good thinking?

- - Our media and music choices?
- Our workplace or study?
- Conflict situations we face?
- Our money

10. Paul offers himself as a teacher and example to follow. Can we still follow him as an example, though we don't know him in person?

11. How anxious and at peace are you? What's one area you could help yourself with this week?

root:μεριμναω

All 28 occurrences of the verb *merinmao* in the New Testament. If you want to investigate the different shades of meaning of this verb.



English Standard Version

[Matt 6:25](#) “Therefore I tell you, [do](#) not [be anxious](#) about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

[Matt 6:27](#) And which of you [by being anxious](#) can add a single hour to his span of life?

[Matt 6:28](#) And why [are you anxious](#) about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,

[Matt 6:31](#) Therefore [do](#) not [be anxious](#), saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

[Matt 6:34](#) “Therefore [do](#) not [be anxious](#) about tomorrow, for tomorrow [will be anxious](#) for itself. Sufficient for the day is its own trouble.

[Matt 10:19](#) When they deliver you over, [do](#) not [be anxious](#) how you are to speak or what you are to say, for what you are to say will be given to you in that hour.

[Matt 13:22](#) As for what was sown among thorns, this is the one who hears the word, but the [cares](#) of the world and the deceitfulness of riches choke the word, and it proves unfruitful.

[Matt 28:14](#) And if this comes to the governor’s ears, we will satisfy him and [keep](#) you [out of trouble](#).”

[Mark 4:19](#) but the [cares](#) of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful.

[Mark 13:11](#) And when they bring you to trial and deliver you over, [do](#) not [be anxious beforehand](#) what you are to say, but say whatever is given you in that hour, for it is not you who speak, but the Holy Spirit.

[Luke 8:14](#) And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by [the cares](#) and riches and pleasures of life, and their fruit does not mature.

[Luke 10:41](#) But the Lord answered her, “Martha, Martha, [you are anxious](#) and troubled about many things,

[Luke 12:11](#) And when they bring you before the synagogues and the rulers and the authorities, [do](#) not [be anxious about](#) how you should defend yourself or what you should say,

[Luke 12:22](#) And he said to his disciples, “Therefore I tell you, [do](#) not [be anxious](#) about your life, what you will eat, nor about your body, what you will put on.

[Luke 12:25](#) And which of you [by being anxious](#) can add a single hour to his span of life?

[Luke 12:26](#) If then you are not able to do as small a thing as that, why [are you anxious](#) about the rest?

[Luke 21:34](#) “But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and [cares](#) of this life, and that day come upon you suddenly like a trap.

[1 Cor 7:32](#) I want you to be [free from anxieties](#). The unmarried man [is anxious about](#) the things of the Lord, how to please the Lord.

[1 Cor 7:33](#) But the married man [is anxious about](#) worldly things, how to please his wife,

[1 Cor 7:34](#) and his interests are divided. And the unmarried or betrothed woman [is anxious about](#) the things of the Lord, how to be holy in body and spirit. But the married woman [is anxious about](#) worldly things, how to please her husband.

[1 Cor 12:25](#) that there may be no division in the body, but that the members [may have](#) the same [care](#) for one another.

[2 Cor 11:28](#) And, apart from other things, there is the daily pressure on me of my [anxiety](#) for all the churches.

[Phil 2:20](#) For I have no one like him, who [will be](#) genuinely [concerned](#) for your welfare.

[Phil 4:6](#) [do not be anxious](#) about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

[1 Pet 5:7](#) casting all your [anxieties](#) on him, because he cares for you.