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**Peace**  
Philippians 4:1-9

1. Peace and our \_\_\_\_\_ – vv.4-5

2. Peace and our \_\_\_\_\_ – vv. 6-7

3. Peace and our \_\_\_\_\_ – v. 8

**To Go**

1. Make a list of all of the things that are keeping you from being able to rejoice in the Lord.
2. Set an alarm on your phone for 5 times a day for 5 days. Every time your alarm goes off, take a moment and hit the pause button of life and in prayer present your requests to God and invite His peace to flood your heart and mind.
3. Take an inventory of the mind and admit to God what your mind is most consumed with.



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# At Home Study Guide

For the week of August 21, 2016

## Quick Review

Writing from prison and having lived through some difficult circumstances, Paul was uniquely qualified to speak of finding strength in his joy in the Lord. When all hope seemed lost, Paul was found singing in his prison cell or writing a letter to encourage other Jesus-followers. The conflicts outside the church and the conflicts inside the church provided an opportunity for some to lose hope. The joy of the Lord became Paul's strength to live in harmony with other believers (4:2-3), rejoice in all circumstances (4:4-7), and develop an attractive reasonableness (4:8-9). His deep concern for this church in Philippi was that they remain firm in the Lord.

Is it easier to stand firm in your faith during good times or during hard times?

Has someone ever shared Philippians 4:4-8 with you? Was it helpful in your circumstances?

Rejoicing directs our focus to the blessing of being known by God in Jesus Christ. In light of Acts 16:25, Philippians 3:1, and 4:4, what does this rejoicing look like in your life?

What role does prayer play in experiencing the peace of God according to these verses? (see also Matthew 6:25-34, 1 Peter 5:7)

Ponder Philippians 4:8 by taking extra time to read it each day this week. Notice how your attitude is affected as you focus on these words.

For more information about Growth Groups, the At Home Study Guide, and a podcast of sermons with study guide, visit [www.bethelcf.com](http://www.bethelcf.com).

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