



LOCKINGCASTLECHURCH

Life Group Notes – 22nd November 2021

Overcoming Anxiety. Philippians 4:4-9

Please visit the LCC website to listen to the talk or read the transcript if available.

Philippians 4: 4-9 Contented Peace

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

⁸ 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. ⁹ 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.

Comment:

Paul wrote these words while he was in prison, living with the possible threat of execution, facing financial ruin and dealing with the challenges of ministering to a growing number of church plants with new leaders. Yet somehow despite these horrendous pressures Paul managed to keep peaceful and overcome his anxieties.

We all face different pressures and worries in life – whether that be finances, jobs, relationships, or perhaps the search for significance and security that can easily elude us. Many people face stressful situations because of health issues or challenging responsibilities so we all need to learn Paul's secret to gaining peace. At the root of it is knowing that God still loves you, despite all that is going on around you. Being a Christian does not remove us from situations of suffering. God allows humanity to experience pain and loss, but through Jesus we have the Father's promise of everlasting love and the presence of the Holy Spirit to enable us to cope and bring healing and hope instead of darkness and hopelessness. When we realise again that we are loved, we can then turn in faith to God for help and deliverance. 'HAT' prayers can help: First we **H**and over our worries, then we **A**sk God for his presence, provision and peace and then we count our blessings and give **T**hanks for God's faithfulness thus far. This is how we 'put on the helmet of Salvation' and receive the peace of God which can guard our minds from fear.

Verse 8 encourages us to get rid of any 'stinking thinking' and instead concentrate on all the positives. We have so much to be thankful for – perhaps start each day this advent by thanking God for something new, and work your way up to some daily rejoicing!!

Questions:

1. When do you get affected by 'Stinking Thinking'? How can we identify it and stop it?
2. Why do you think Paul insists on thanksgiving to accompany our prayer requests?
3. The context of the verses directly after this passage (v10-13) is Paul thanking the Philippians for their financial help. What does this passage teach us about faith and financial provision?
4. How can we ensure we focus on things that are true, noble, right, pure, lovely, admirable, excellent or praiseworthy?
5. What are some things you would like to give thanks for this year and one thing to go on praying for?