

RL GROUPS

Grace | God-sized Vision | For Every Generation

Philippians 4

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.



Questions for Discussion

1. Read Philippians 4:4-9.
2. Where does Paul tell us to focus our attention? Why?
3. Why do you think we are most often drawn to negative news instead of positive news?
4. When Jesus "often" withdrew by himself alone to pray, what do you think his prayer life consisted of? What did he focus on?
5. What should we do with a Sabbath day? What does it mean to keep the Sabbath?

Take time to pray for one another.