

**Sermon Discussion Questions | May 26, 2019**  
**Philippians 4:4-9 | “Rejoicing When it is Hard” | Dr. Mike Farley**

1. What does it mean to “rejoice in the Lord”? What is it about the Lord that brings us joy? How is this similar and different from the ever-changing emotion of happiness?
2. In Phil. 4:6, God commands us not to be anxious (see also Jesus’ teaching in Matthew 6:25-34), and his practices for combating this anxiety are what we think and how we pray. What does this imply about the type and sources of anxiety that Paul is addressing most directly in Philippians 4? Are there other kinds of anxiety that might also require other strategies as well?
3. What causes anxiety in you? In our church? In our country? How does exposure to media (in all forms) affect your anxiety?
4. In verse 8, Paul names many things we should think about. Name some things/people/situations/blessings that fit in these categories. How do we see these qualities in God, and specifically in the person and ministry of Jesus? What obstacles keep us from orienting our thinking in these directions? What would happen to our mindset and our behavior if we truly set the Lord before our minds on a daily basis?

5. In verse 6, Paul teaches us to combat anxiety by praying constantly. What are some specific strategies for doing this practically in our daily lives? Why is thanksgiving mentioned, and how does this help us overcome anxiety?
  
6. If you could navigate your life with a deep sense of peace from God most of the time, what would be the impact on your relationships? In your work? In your neighborhood? If large numbers of Christians in our country lived out of the peace that God promises here on a daily basis, what would be different about the witness of the church and our impact on non-Christians?