

## Reflection Questions: Philippians 4:4-7

For the study, "Living in an Anxious World" prepared by Pastor John Ferguson  
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*These reflection questions are designed to help you apply the message from the Scriptures by helping you think through application to your personal life, your church life, and your city's life. You can use these by yourself for reflection, or with your family or small group for discussion. To review the message, go to [MercyHillBCS.org/resources/messages](http://MercyHillBCS.org/resources/messages).*

### INTRODUCTION

**Pray.** Take a moment to pray asking God to guide you in reflecting upon the Scripture text.

**Read the Scripture text:** Philippians 4:4-7

**4** Rejoice in the Lord always; again I will say, rejoice. **5** Let your reasonableness be known to everyone. The Lord is at hand; **6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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### **Let's get started...**

- What grabs your attention in this text? What questions or thoughts arise as you reflect on what it is saying?

### QUESTIONS

#### **1. Let's think about how this text applies to our lives as individuals.**

- The author of this text is Jesus' apostle to the Roman Empire. He's writing these words from a Roman prison cell facing possible execution for telling folks about the Good News of Jesus. How does that give "street credibility" to what he's saying here about rejoicing? About battle anxiety with prayer? About experiencing the peace of God?
- Paul assumes that his readers will be facing anxiety, but he doesn't want us to sit in our anxiety. Think through the strategy he calls us to use to deal with anxiety in verse six. What difference does it make to stop stewing in our anxiety and instead bring it before God in prayer? And what role does giving thanks to God play in helping clarify our vision?
- When I forget to deal with anxiety before God, how does it affect me? When I forget this, what lies fill that vacuum? What wrong thoughts result when we forget this truth?
- Why might God be bringing this to you today? What is going on in your life to which this would be relevant? In other words, how do you need the peace of God to guard your heart and mind in Christ Jesus (vs. 7)?

**2. Let's think about how this text applies to us as a community of Jesus' followers.**

- What comes to your mind when you imagine a group of Jesus' followers embodying this passage in their life together? How does this text help us to understand the kind of church we want MHC to be?
- What are some ways we can encourage one another as we apprentice with Jesus in a new way of being human—a new way of living in this anxious world? How can we help each other see and live out the central truths of this text?

**3. Let's think about how this text applies to our city.**

- In verse five, the Scripture wants our “reasonableness” (graciousness / patience) to be evident to all. He has already called them to live their lives in a manner worthy of the gospel of Jesus (1:27). How does Paul want our living in an anxious world be a testimony to the difference faith / trust in God makes?
- What kind of new life / future in Christ is this text calling our city to experience?

CONCLUSION QUESTION

What is the one thing you want to take away from this study to remember or to make a change in your life?

PRAYER

What are some ways you can turn what you are learning into prayer? List them as bullet points....

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