

JANUARY 13, 2019

Philippians 4:4-7

Overwhelmed: When Joy and Peace Come Close Speaker: Josh Weidmann

When it comes to finding peace, we often look to counterfeit comforts. We look for things that will bring us momentary pleasure or ease our pain. The power of God brings us lasting joy and peace, in spite of our circumstances, as he gives us joy and peace found in the tangible presence of Christ.

REFERENCES

☐ John 14:27	Psalm 94:19
☐ Isaiah 41:10	■ Psalm 34:4

■ 1 Peter 5:7

THIS WEEK:

HIS WEEK:
Cast my cares and worries on Christ through regular patterns of prayer.
Ask a friend to listen to my fears and see where God is working despite them.
Go to HopeOfDenver.org and submit a request for free biblical counseling.
Read the book of Philippians at least one time through.

DISCUSSION	
Read Philippians 4:4–7. What do you make of the word "always" in verse 4? How is that even possible?	
In verse 5, we see the word "reasonableness" mentioned in the ESV. Look at that in other translations. What's the idea here, and how could that be tied in with experiencing joy ourselves?	
■ Verse 6 makes a connection between decreased anxiety and increased prayer. What is the relationship here? What have you experienced?	
■ The word "guard" in verse 7 is an interesting and specific word. How might peace guard our hearts? What is it guarding our hearts from? What happens if our hearts aren't guarded?	
Read the reference verses. In what ways do these verses add to and compliment what we've already discussed?	