

Philippians Study: Having a Real Relationship with Jesus
Part Four: A New Peace, Contentment, and Life of Giving

Lesson 11: Philippians 4:1–9

Read the passage carefully several times

1. In verse 1, Paul uses warm, affectionate language toward his friends. Why do you think he tells them this? How can we encourage others like he did?
2. In verses 2–3 Paul reminds two women that they had once “labored at his side” as his co-workers. When you are frustrated with someone, would remembering your shared goals and history change how you approach him or her?
3. Read verse 4. Note how Paul repeats this (3:1). Why do you think he emphasizes this? What does the phrase “in the Lord” tell us about joy? In your life, if you were connected to something or someone bigger than yourself, how would it affect you?
4. Next, Paul urges us to set an example of being “reasonable” (5a) and to have “the peace of God” (7). How does he say this is possible (5b–6)? When you are in a high-stress situation, what does “finding peace” usually look like for you, and how does that compare to what Paul tells us to do in verse 6?
5. Finally, describe the specific mental filter Paul gives us (verse 8). If you were to apply this to your current “mental diet” (what you read, watch, or listen to), which of these virtues would you find most challenging to cultivate, and why? How does verse 9 help us move from abstract concepts to daily practice?