
<p>PRESS ON IN CONFIDENCE</p>
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A STUDY IN PHILIPPIANS AND COLOSSIANS

LESSON 14 PHILIPPIANS 4:6-9

1. What truth, verse, or insight in the Lesson or Lecture from **Philippians 4:1-5** impacted your life this past week and how?

2. In this week's lesson, Paul will give us ways to address negative emotions or thoughts. Read & meditate on **Philippians 4:6-9**, then write down and pray about any anxieties you are currently experiencing.

3. a) In what ways do people (or you) tend to relieve their anxieties? How effective do you think this has been? Explain.

b) According to **V6**, what recourse do you have when you are anxious, and how well do you do this in every situation? Be specific.

4. How could these verses about anxiety reorient your thoughts and actions?
 - **Psalm 94:18-19**

 - **Psalm 139:23**

 - **Proverbs 12:25**

 - **1 Peter 5:7**

5. a) Re-write **Philippians 4:7** in your own words.

b) In what current situation are you praying for God's peace, and how does the visual of a guard increase your sense of peace?

6. What insights about the peace of God can you apply to your life from these verses?

- **John 16:33**

- **2 Thessalonians 3:16**

- **2 Peter 1:2**

7. In **Philippians 4:8**, Paul encouraged the Philippians to dwell on positive and life giving things.

a) Name those eight things

b) In your opinion, what is Paul's rationale for telling them to "think about such things?"

c) Which one of these 8 things could you dwell on more, especially when your tendency would be to dwell on the negative?

8. Today's tech culture (engaging in social media, being online, watching TV) tends to increase feelings of anxiety or the comparisons that lead to negative thoughts. What resources can you go to instead to contemplate Godly thoughts?

9. In **V9**, what was Paul's advice?
10. Who is that person in your life you would like to imitate, and what have you learned from him or her that you can put into practice?
11. In **V9**, Paul ended his exhortations with a blessing of God's peace. Write a truth about the peace of God from any part of this Lesson.
12. What is the one thing you needed most from this Lesson to help you *press on in confidence* and why?
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DIGGING DEEPER

1. Paul encouraged the Philippians to put into practice things they had learned from or seen in him. What can you learn from the following role models about a life worth imitating?
- Paul (**1 Corinthians 11:1**)
 - Timothy (**1 Timothy 4:12**)
 - Titus (**Titus 2:6-8**)
 - Leaders (**Hebrews 13:7**)
2. a) Choose your Suggested Memory Verse from any or all of **Philippians 4:6-8** and write it out.
- b) Using your memory verse(s), pray your requests to the Lord.

NAME

PRAYER REQUEST