



TIC Connect Group Discussion Guide

1-6 September 2019 | Philippians 4:4-7

The Message. The Lord is the source of our joy. Do not be anxious. Rejoice in Him.

Context. “In Paul’s letter to the Philippians, there are a number of things that they may have been worried about. Paul is writing to them when he is under house arrest, courtesy of the Roman Empire. The church in Philippi had supported his missionary work, and they may have been concerned for his well-being (Philippians 1). Apparently, there was some discord in the church with people acting selfishly, and they needed to focus on the example of Christ (Philippians 2). False teachers were also attempting to upset their confidence in Christ (and in Paul’s teaching) by teaching that some form of obedience to the Law was necessary for salvation (Philippians 3). And, finally, the discord in the church had reached such a point that Paul calls out two women by name and asks them to get along with each other (Philippians 4:2)” (Gotquestions.org).

Observation & Meaning

1. What does it mean to rejoice in the Lord (4:4)?
2. Is it possible to rejoice always (4:4)? Why or why not?
3. How does framing 4:4 as a command and not a choice make a difference?
4. The word reasonableness in 4:5 ESV is translated to gentleness, graciousness, considerateness, fairness, and forbearance in other versions. Why does Paul want our reasonableness to be known to everyone?
5. How does prayer help with our anxiety (4:6)?
6. Why do we need to “let our requests be made known to God” (4:6)?
7. Why does our prayer have to come with thanksgiving (4:6)?
8. What does it mean that the peace of God surpasses all understanding (4:7)?

Application

9. ECF. What is the root cause of our anxiety and joylessness?

10. What are the things that our hearts and minds need to be guarded from (4:7)?

11. Christ-Centeredness. The Lord is at hand in 4:5 refers to the second coming of Jesus Christ. How does the truth that Jesus is coming soon enable us to obey the command we find in the passage today?

12. How are our hearts and minds guarded in Jesus Christ (4:7)?

Insight

Epieikeia (4:5). “The word epieikes is of very extensive signification; it means the same as epieikeia, mildness, patience, yieldingness, gentleness, clemency, moderation, unwillingness to litigate or contend; but moderation is expressive enough as a general term.” (Clarke).

Peace (4:7). “The Bible describes three great aspects of peace that relate to God. (1) *Peace from God*: Paul continually used this as an introduction to his letters; it reminds us that our peace comes to us as a gift from God. (2) *Peace with God*: This describes a relationship that we enter into with God through the finished work of Jesus Christ. (3) *The peace of God*: This is the peace spoken of in Philippians 4:7. It is beyond “all mind”; that is, beyond our power of thinking.” (Guzik).

Resources

Clarke, Adam *The New Testament of Our Lord and Saviour Jesus Christ, Volume II* (New York: Eaton & Mains, 1832).

Gaines, B. “Rejoicing Over Anxiety.” Center for Biblical Counseling & Discipleship. thebcd.org/rejoicing-over-anxiety/ (accessed on Aug 28, 2019).

Guzik, David. *Philippians*. Enduring Word Commentary. Enduring Word Media, 2012.

“Philippians 4:2-9.” Cru. <https://www.cru.org/us/en/train-and-grow/bible-studies/philippians-life-worthy-of-gospel/7.html> (accessed on Aug 28, 2019).

“What is the meaning of Philippians 4:6?” GotQuestions. <https://www.gotquestions.org/Philippians-4-6.html> (accessed on Aug 28, 2019).