

Lesson 6

Joy in Prayer

Philippians 4:1-7

Here in chapter 4 of the book of Philippians, Paul is once again exhorting the saints to remain unified and steadfast. In this section of scripture, Paul gives his prescription for peace and well-being in the whole Body of Christ. We will be wise women indeed if we are hearers and doers of the words in these verses.

Read Philippians 4:1-7.

1. Looking at verse 1, what terms of endearment does Paul use in addressing these beloved believers? What can you tell about Paul's heart for these people by the way he addresses them?

2. In this same verse, Paul repeats an exhortation he gave earlier in chapter 1, verse 27. What did he urge these believers to do?

3. Another exhortation that Paul repeats from earlier chapters (Philippians 1:27; 2:2) is found in verse 2. Write out that exhortation.

- a. To whom is the exhortation directed in verse 2?
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4. Although Paul is not specific about what the problem was between the two women, it seems they needed an intervention. How can discord in the church jeopardize the witness of the gospel?
 - a. When a fellow Christian is in sin and you know about it, what are you told to do in Galatians 6:1?
 - b. What is the purpose of confronting a fellow believer and in what spirit are you to go to them?

In verses 4-7, Paul goes on to give the prescription for peace and well-being in the church.

5. What exuberant command does Paul give in verse 4?
 - a. Is this possible to do, no matter what the circumstances are? Why or why not?
 - b. What does Nehemiah 8:10 reveal about joy in a Christian's life? How would you explain what Nehemiah means?

6. Paul's next command regards gentleness. How can gentleness help in a situation such as the one found in verse 2? Read Proverbs 15:1 for more insight.

- a. According to Galatians 5:22-23, how can we develop the gentleness Paul speaks of?
 - b. What do you think “the Lord is at hand” refers to--the return of Christ or that He is near to us?
7. At the time Paul wrote this book, the Philippians had many things they could have worried about...as do we now. How do Paul’s words in verse 6 echo the words of Jesus in Matthew 6:25-34?
8. Write out Paul’s remedy for anxiousness as found in verse 6. Memorize this verse for recall at times when you find yourself beginning to worry and be anxious.

9. What does Peter tell us to do in 1 Peter 5:7?

a. Why are we to do this?

10. What is the result of following Paul's commands in verses 4-6?

a. Do you think this peace only comes when your prayers are answered according to your desires?

Share one thing from this lesson that has ministered to you and how you will apply this lesson to your life.



