

Bible Study for December 12, 2021

Read: Philippians 4:4-7

Notes:

Despite being in prison at the time of writing, Paul is remarkably upbeat as he writes this letter. Here he urges his friends in Philippi to trust God with all their worries and concerns with the hope that they will experience God's joy and peace.

Questions to Ponder:

What types of life situations cause you to rejoice?

Why do you think Paul (in prison at the time of writing) would encourage others to rejoice?

How anxious are you at this time in your life?

Have you had other periods of anxiety in your life? How did you manage to get through it then?

How does Paul suggest we handle anxiety in verse 6?

How easy do you find it to cast your troubles on God? What do you think might hold you back?

What kinds of words or actions might lessen your anxiety? Is it possible that God can provide them either directly or through another person?