## Bible Study for October 3 - 9, 2022

**Read:** Philippians 4:2-9

## **Notes:**

As Paul closes this letter, he uses crucial language to urge us to adopt practices of living that are in harmony with God's will. By doing so, we are promised God's blessings which leave us with an attitude of thanksgiving to God. Rather than focus on petty disagreements, we are encouraged to be thankful, and dwell on everything worthy of praise.

## **Questions to Ponder:**

What are some Thanksgiving traditions in your family? Where did they come from? Over time, have you let any traditions lapse? Why?

In times of disagreement, who makes peace in your family? How do they do it?

What attitudes of those mentioned in verses 2&3 harm the church? How can others help?

What would someone who devoutly follows verses 4-6 be like? What characteristics might you be lacking from this list? How might you gain them?

In these verses, what do you find that could help you relieve your anxiety levels?