**Small Group Bible Study**

The Book of Philippians

Part 8

**Bible Study Guide: Living with Peace and Overcoming Anxiety**

The sermon focused on Philippians 4:4-13, emphasizing the importance of rejoicing in the Lord, being gentle, and not being anxious. It highlighted the peace of God that transcends understanding and the importance of focusing our thoughts on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. The sermon also discussed Paul's perspective on life and eternity, which allowed him to find contentment and peace despite his circumstances.

**Prayer** Heavenly Father, we thank You for Your Word and the peace that surpasses all understanding. Help us to focus our minds on You and to live out the truths we learn today. Guide our discussion and open our hearts to Your wisdom. In Jesus' name, Amen.

**Opening Question**

* What is one thing that often keeps you up at night, and how do you usually deal with it?

**Bible Reading with Questions**

**Philippians 4:4-9**

* What does it mean to "rejoice in the Lord always"? How can we apply this in our daily lives?
* How does Paul suggest we handle anxiety according to these verses?
* What are the qualities Paul encourages us to focus our thoughts on? Why do you think these are important?

**Philippians 4:10-13**

* How does Paul describe his contentment in various circumstances?
* What is the "secret" Paul mentions in being content in any situation?
* How does Philippians 4:13 provide strength and encouragement in your life?

**Acts 16:22-25**

* Describe the situation Paul and Silas found themselves in. How did they respond?
* What impact did their response have on those around them?
* How can we apply their example of worship and prayer in difficult times?

**2 Corinthians 12:7-10**

* What does Paul mean by a "thorn in his flesh"? How does he respond to it?
* How does God's response to Paul’s plea for relief speak to our own struggles?
* What does it mean for God's power to be made perfect in weakness?

**Additional Questions Relating to the Message**

* How does focusing on what is true, noble, and praiseworthy help in overcoming anxiety?
* In what ways can we intentionally direct our thoughts towards Jesus throughout the day?

**Application Question**

* What practical steps can you take this week to focus your thoughts on what is true, noble, and praiseworthy, and how can this help you experience God's peace in your life?