

Prayers to the Prince of Peace

Philippians 4:6-9

LG Questions for 11.30.08

Getting Started

- 1) Anxious?** Sam is a Christian in his second quarter of college taking a speech class and losing sleep over a talk he's about to give. a) Do you think it is right for him to be anxious about it? Why or why not? b) Describe a situation when you find it difficult to remain calm and collected. c) Now read Philippians 4:4-9 and give one reason for Paul's composure.

Getting into the Bible

- 2) Read Philippians 4:6-7.** a) One alternative to anxiety is prayer. Do you find any conditions attached to the promise of peace that He gives to us here? If so, what do they involve? b) Describe a time when prayer has relieved your anxieties and another time when it has not. Have you been able to put your finger on anything that explains the different results you've experienced?
- 3) Read Philippians 4:8-9.** a) In addition to prayer, what other disciplines can help us enjoy peace of mind? Share an example from your life or a story from the Bible to illustrate this fact. b) What even greater reward than peace of mind is promised if we follow Paul's advice? (See Genesis 15:1 for help.)

Getting Personal and Practical

- 4) Pray!** What specific worries are you facing right now? a) Ask the members of your small group to pray with you for God's peace and direction as you work through them. b) Remember to bear their burdens as well by praying for the anxieties they share—both at your meeting and during the week that follows.