

SHIFT

TURN YOUR EYES

SERMON
STUDY

06.09.2024

Leader Corner

Encouragement and
Endurance in Christ

Philippians 4:2-13

Paul begins to close out his joy-filled letter with a fantastic message on encouragement and endurance in Christ. He returns to the themes of prayer and partnership by first directing his beloved brothers to be captivated by the peace that comes from hearts and minds centered on the virtues from following Christ. Then he encourages by noting his own captivating contentment regardless of circumstances in light of the strength that the Lord alone provides.

Main Idea: God's peace and strength guards and brings contentment.

Main Practice: Rejoice by petitioning God with thanksgiving and centering our thoughts on Christian virtues.

Main Teaching: Philippians 4:2-13

Refocus

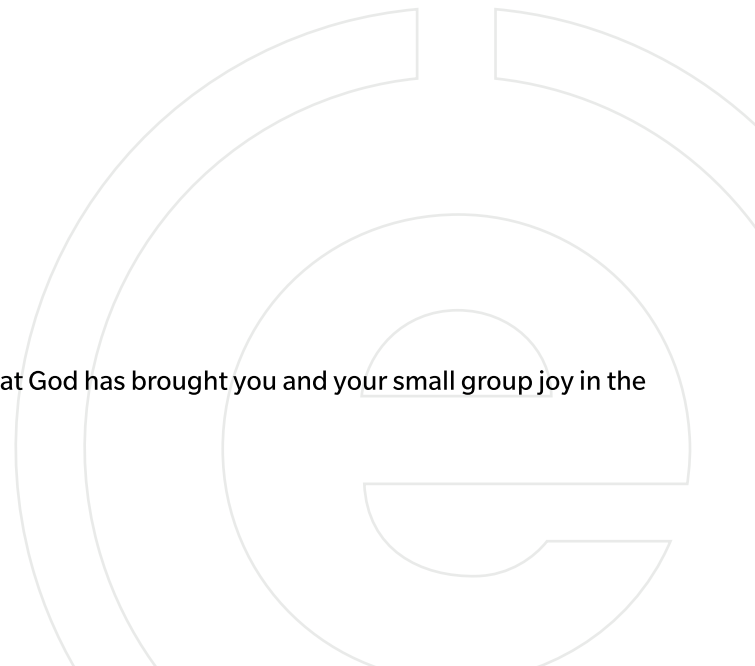
with Praise

To help with Scripture memorization, check out this song on Philippians 4:6-7. [New Worship Music | Think on These Things | Sing the Scriptures! | Philippians 4: 7-8 \(youtube.com\)](#)

with

Prayer

Spend time praying a prayer of rejoicing and identifying all the ways that God has brought you and your small group joy in the LORD.



1. Read Philippians 4:2-13 in either the ESV, NIV, or NLT version.
2. Looking back at Acts 16:12-40 and Philippians 4:2-3, what factors were causing stress in the Philippian church?
3. What does gentleness have to do with rejoicing, peace, and contentment?
4. We live in an age of great anxiety, perhaps overwhelming us and our children. Paul prescribes prayer. How does Paul's types of prayer address our anxieties?
5. What kind of things do you tend to spend time thinking about? How do those things add to your anxiety and block peace? How can true, noble, right, pure, lovely, admirable, excellent, and praiseworthy thoughts help cleanse our minds and restore our tranquility?
6. In what situations are you least likely to be content? How can Paul's secret be applied to your situation?
7. Note the key promises in this passage. Looking at the prepositions, what readily appears to be the key conditions to the fulfillment of these promises?

Identify what things are: (1) true; (2) noble; (3) right; (4) pure; (5) lovely; (6) admirable; and (7) excellent or praiseworthy. Using these things, practice rejoicing on God's provision of them and then by prayer and petition with thanksgiving present your request for God to put these always at the forefront of your mind.

For Further Focus

Read James 4:1-12 and using James' counsel to determine how you as a fellow worker would advise brothers/sisters who are in disagreement. As you close the study of Philippians, pray about how you can send greetings to fellow workers and be an encouragement to them by providing them with gifts, a fragrant offering/acceptable sacrifice to God, and to keep them going when times are tough.