

Peace in the Noise

Adam Davidson

BIG IDEA

Stand firm in the Lord by pursuing unity, choosing joy, replacing worry with prayer, and filling your mind with Christ's truth so that you experience the peace of God.

KEY SCRIPTURES

Philippians 4:1, Philippians 4:2-3, Philippians 4:4-5, Philippians 4:6-7, Philippians 4:8-9, 1 Corinthians 2:10-13, 1 Corinthians 2:16

1. Paul reminds his people to “stand firm in the Lord” in the opening of Philippians 4. Take time to review chapter 3 in order to remember the context of Paul’s “therefore”. What are some key aspects of standing firm that Christ followers must hold on to?
2. How does the situation between leaders (Euodia and Syntyche) illustrate biblical principles in dealing with conflict in the church? What’s important to Paul? How do we keep Christ as the centerpoint, even in disagreement?
3. Rejoicing is some kind of superpower - it must be, the way Paul talks about it throughout the letter. How is rejoicing more than optimism? What does rejoicing do beyond general positivity?
4. Is anxiety a sin? Is it possible to have “good anxiety?” In asking this, I’m harkening to the work of Kierkegaard and Hans Urs von Balthasar who make the point that Christians don’t necessarily avoid all anxiety but that they exchange earthly concern for heavenly. In other words, as St Augustine said, “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.” Has this been your experience? Share and discuss.
5. Paul is consistent in reminding the Phillippian church that Jesus Christ is near. How does a perception of Christ nearness, along with the practice of gentleness and good anxiety hygiene work together?
6. If you had to use Philippians 4:4-7 to describe the proper approach to prayer, how would you do so? What are some essentials to prayer in this short passage?
7. When I was in college, I came up with an acronym to remember Paul’s thought descriptors in Philippians 4:8 (PLATNERP). Chances are your group could come up with something better! However - there is benefit to internalizing the Word. How do we align our thoughts like this? What’s the challenge in thinking biblically in a broken world?

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8. Paul says "Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you." Who are the folks in your life who modeled discipleship for you? Who are you modeling discipleship for?

9. How does this passage align with flourishing in our kingdom calling? In other words, what are some key principles to bear in mind when it comes to being rooted and established in Christ, bearing fruit that will last, as seen in Philippians 4:4-9?

10. Are you experiencing Christ's peace in your life? Take time to pray for each other, lifting up each other's anxieties, and committing to practice the thought life of Jesus.