

## **PHILIPPIANS STUDY GUIDE**

**Assignment...read Philippians Chapter 4: 4-9. Paul pauses to name two women, coworkers in the Gospel, and an unnamed loyal companion. His purpose here to appeal to their unity, to be “of the same mind” and to keep up the good work. Paul then goes into a final call to rejoice, a series of exhortations, that are among his most famous**

**To be or not to be anxious...before he urges his friends not to be anxious, he builds a case for how that is even possible. Notice what prefaces his thoughts: the call to praise, to rejoice in the Lord, who is always near to him and to us. How does knowing of the Lord’s nearness relate our feeling less anxious?**

**Prayer...there is no way to fathom what Paul means by “the peace which passes all understanding” apart from prayer. Through his time in prayer, Paul found the strength that he needed to endure the many twists and turns his life took. Through prayer, he able to “let go and let God”, to release burdens to God that he might have tried to carry without God.**

**Nothing changes until our minds do....though not his main intent, Paul knew something about the way our minds work: that we are what we think. That the quality of our lives is directly related to the quality of our thoughts.**

### **Life Lessons Learned...**

**As you listened to Dr. Shelton’s presentation, what insights or life lessons did you learn?**