

**Week 8** – Key Verse – *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7*

This week we will begin studying chapter 4. I hope you enjoy looking at one of the most practical chapters in all of God's word.

1. In verse 1, Paul refers to the Philippians as his "joy and crown", based on your study of Philippians, why would he choose these words?
  
2. Is there a difference between standing firm and standing firm in the Lord?
  
3. In verse 2, Paul mentions Euodia and Syntyche but these three people are not mentioned any where else in scripture. Why do you think Paul felt it necessary to encourage these two specifically to live in harmony?
  
4. Look at verse 3.
  - a. Who do you think the "true companion" is?
  
  - b. What is he or she to do?
  
  - c. Do you see yourself as having any responsibility in verses 3 and 4?
  
5. Look closely at verses 4-7.
  - a. List below the commands that God tells you to do.
  
  - b. How would you apply these to your life?
  
  - c. What is the promise associated with these commands?
  
6. Look up the following verses and explain what the verse teaches you about anxiety.
  - a. Psalm 55:22
  
  - b. Isaiah 43:1-2
  
  - c. Do you have any other favorite verse about anxiety or worry?