

## Scriptures for Personal Study and Group Discussion

Group members should use these scriptures to complete the GOD'S WORDS and MY WORDS columns in our new Discussion Guide. This assignment should take less than 30 minutes.

### For your group to discuss during the week of...

<b>April 22</b>	<b>Philippians 4:4-9</b>	<b>Worry</b>
<b>April 29</b>	<b>2 Timothy 4:6-13, 16-18</b>	<b>Loneliness</b>
<b>May 6</b>	<b>1 Corinthians 4:1-5</b>	<b>Guilt</b>
<b>May 13</b>	<b>Jeremiah 17:5-8</b>	<b>Insecurity</b>

### Background Information for Philippians 4:4-9

For study and discussion the week of April 22

**Beginning April 29<sup>th</sup>, we are starting a new series called "Silent Killers."** Medical professionals often warn us that there are things that take place internally that can go unseen, never making a sound or showing up on a scan that can do damage to our physical health and if unchecked, can even take us out. During this series, we'll look at four things that can be the silent killers of the Abundant Life Jesus offers. Things like guilt, loneliness, worry, and insecurity are not always obstacles we think about first as we consider obstacles to the life of faith in Christ, but we know them from experience. We'll talk about where they come from, and what to do when we suffer from them.

**This first week we'll be in Philippians 4 and talking about worry. In the week *before* the series begins, we would like you to personally study and then discuss with your group Philippians 4:4-9.** Please use the new **Discussion Guide** to copy the passage and then paraphrase it in your own words. While copying and paraphrasing you will read the passage 5-7 times! It may sound silly, but it is a proven method for focusing and increasing understanding of what you read.

**Philippians is a book that emphasizes joy over and over again. Here's the irony of that, a man named Paul wrote this letter about joy while sitting in a prison cell.** Here he was awaiting trial that would determine if he would live or die and he was urging others to rejoice. If anyone had reason to worry or be overcome with anxiety about his circumstances it was him. Yet he avoids that silent killer and shows us how to do the same.

**Chapter 4 is filled with great truths, and for the purpose of your discussion we would encourage you to especially focus on v6-7.** There we see Paul's encouragement, to pray in those moments and seasons that we may be prone to worry. Here's the incredible result, when we do so God's peace will guard our hearts and our minds. The term 'guard' is a military term that was used of one who was there to prevent a hostile invasion from taking place. See Paul recognized the battle and threat that worry can be to the Christ follower. He understood that in those moments of temptation we needed a conqueror, a victor who would defend us from this foe. And from his own experience, he knew God's peace is there to guard and protect us, to defend our minds from the destruction that worry can do by keeping us focused on truth.