

TO LIVE IS CHRIST**Always Rejoicing Philippians 4:2–9**

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4

Day 1: Read Philippians 4:2–3.

1. What two women does Paul plead with to agree in the Lord? What do we know about these women? (vs. 3)
2. Why does Paul make such an issue of their disagreement? (Jn. 13:34–35; Phil. 2:1–8)
3. What keeps Christians from resolving their disagreements? (Jas. 4:1–6) What part does humility play in the process of reconciliation? (Phil. 2:3)
4. Think of another Christian with whom you disagree. What has been the result of your disagreement:
 - On your own heart?
 - On others?
 - On the reputation of Christ and his Gospel?
5. Name one specific thing that you will do to begin to agree with this person “in the Lord” (vs. 2).

Day 2: Read Philippians 4:4–9.

6. Paul delivers a number of imperatives in these verses; list them.
7. “Rejoice in the Lord always,” Paul writes. How is your joy affected by changes in your circumstances?
8. When Paul exhorts the Philippians to “rejoice in the Lord always,” what gives his words authenticity? (2 Cor. 11:24–28) In what kinds of circumstances have his readers seen him rejoicing—indeed, in what situation does Paul find himself as he writes? (Phil. 1:7)
9. Why can Paul (and why can we) rejoice in the midst of suffering? (Hab. 3:17–18; Mt. 5:11–12; Rom. 5:3–5; 1 Pet. 1:6–7; 4:13)

Day 3: Read Philippians 4:4–5.

10. In verse 5 Paul writes, “Let your gentleness be evident to all.” This can be translated, “Be known for being forbearing and gracious.” Speaking honestly, what do you want to be known for, and why?
11. Take one more look at Philippians 2:5–8. What is Jesus known for?
12. Why do you think Paul mentions gentleness (vs. 5) in the context of dealing with stress?
13. What reason does Paul give for letting your “gentleness be evident to all”?

Day 4: Read Philippians 4:6–7.

14. What things are you worried about? How do your worries affect your prayer life?
15. “Do not to be anxious about anything,” Paul writes. What does he want us to substitute for worry?
16. What effect does a thankful heart have on our prayer life? What is the relationship between thanksgiving and faith?

Day 5: Read Philippians 4:5–9.

17. What is the identity of the “guard” that Paul mentions in verse 7?
18. Why do our hearts and minds need guarding (protecting)?
19. What do we know about the “peace of God”? (Jn. 14:27; Rom. 5:1)
20. What kinds of things should fill our mind? What is the connection between what we think about and what we say and do? (Lk. 6:45)
21. Why is it so important to be an active part of a Christian community? (vs. 9; Heb. 10:24–25)