



Philippians 4.1-13

What brings you the most stress?

This is a good time to remember that Paul is writing this letter from prison. Not only was he dealing with his own concerns as a prisoner but also the concerns of the church he started in Philippi. His encouragement is to not worry but to pray. Pray has a way of changing things. Sometime it is our attitude rather than our circumstances. We would do well in life to make prayer our first option.

Connect:

What are you most concerned about in your life?

How have you been praying about it?

Engage:

Read Philippians 4.1-13

Paul stresses unity. This theme is stressed throughout Paul's ministry. It seems to indicate that unity is important to the life of the early church. In reality it's important to the health of any church.

Paul stresses prayer. Verses 6-7 are some of the often quoted verses in this chapter. Worry may steal the subject line but prayer is the emphasis. Pray in all situations and be thankful. Through prayer you will find peace that is beyond understanding.

Paul addresses thoughts and actions. These two are closely related and both reveal our true values. The discipline to set you mind on the things of God will certainly influence the way you act. Each become witnesses and testimony to the community of faith—the Church.

Paul emphasizes contentment. Throughout his letter Paul has emphasized joy in knowing Christ. The joy in knowing Christ effects the way we ultimately view other things. As our faith grows, we learn contentment because of the joy in knowing Jesus.

Respond:

Pray over these four areas in your life.

- Unity-are you in conflict with anyone?
- Worry-is there an absence of peace in your life?
- Your thoughts and actions-are the values they reflect honoring God?
- Happiness-does your truest happiness come from anything but Jesus?

Listen for actions you need to take.

Respond to those promptings.