



Paul begins to close his letter to the Philippians with some very practical exhortations. He encourages those who are at odds to iron out their differences and make up, and he encourages those who may be fretting and worried (anxious) to give up their anxiety. Both the call to live at peace with others and the call to have inner peace are rooted in one thing - taking an unchanging grip on the unchanging life of Jesus Christ within us. It is only in his presence that true peace is made possible. In your groups, discuss the following questions so that we might encourage one another to be peacemakers and a non-anxious presence in a culture defined by rage and anxiety.

1. **Read Philippians 4:1.** Paul says that in light of everything he has said thus far in the book of Philippians, he wants the best for us. And the best for us is to hold tight and stand firm in the Lord. When has it been difficult for you to hold on to Jesus? What circumstances tempt you most to let go?
2. **Read Philippians 4:2-5 and John 13:35.** How does Jesus say others will know we are his disciples? Do you think Christians are good at loving each other and resolving conflict? Why or why not?
3. In verse 2 when Paul addresses the women in conflict in Philippi, he tells them the key to resolving their conflict is to agree in the Lord and to rejoice in the Lord. What do you think it means to agree in the Lord? Why is that so important to Paul?
4. **Read Philippians 4:6-9.** Have you ever experienced severe anxiety or sleepless nights? If you are willing, share what the source of it was.
5. **Read James 1:2-4.** The peace of God is an inner calm found in the presence of God. While similar to joy, peace does not seem to build on our circumstances. Why do you think that is? Why might it be more important that it does not?
6. Paul encourages us to think, pray with thanksgiving, and love God as remedies for anxiety. Giving thanks even when we don't feel like it can be a powerful exercise in priming the pump and giving us a heart of gratitude. What are you thankful for today? Why is giving God thanks before he answers our request so important?
7. Close your time in prayer by praying for Coastline's Ukrainian Missionaries who serve with International Partnerships: Nick & Maia Mikhaluk and Yuri & Aliona Krocha.