

Adult Bible Discovery- September 6, 2020

“Growing Through What You’re Going Through”
Based on Philippians 4:4-9

New King James Version:

“Rejoice in the Lord always. Again, I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, 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 minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”

-Paul calls out two individuals in the Philippi congregation; why are disagreements so stressful and draining to a congregation? vs 2

-How can a spirit of rejoicing help combat stressful and anxious situations? vs 4

-What role does “evident gentleness” play in creating unity and reducing stress in a community? vs 5

-What are some “perfect storms” you have weathered? How did you get through the experience? How did you grow through the experience?

-What part should Christians play in reducing communal anxiety? How can Christians raise communal anxiety?

-How is the peace of God different from peace in general? vs 7

-What conclusions can you draw from the fact that Paul calls for *thinking* in vs. 8 and *doing* in vs. 9?