



LIFE GROUP NOTES

Week Beginning: 22nd October 2023



Philippians 4:4-20 **The secret of contentment**
Rev Ian Coffey

Warm Up

What are the things that keep you up at night worrying?
If you're not a worrier, how have you accomplished that?

Background and context

Paul's letter to the Philippians was most likely written when he was under house arrest in Rome. (Acts 28:14-31). It is primarily a thank you letter for the financial support the church had given him. However, it also includes a personal report on his own circumstances, and he urges the church to remain firm under persecution and to rejoice in every circumstance. He urges them to live humble, Christ centred lives and warns them against those who would mislead them.

Thinking it through: Main discussion/activity



Read ch 4:4-20. What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

1. The word *rejoice* is used three times in this passage. What might that tell us about the message of this section of scripture?
2. What is Paul suggesting the church rejoice in? Why is Paul rejoicing?
3. Given the context of the letter, why might rejoicing have been a challenge?
4. **Read v 6-7.** How are we to deal with anxiety or anxious thoughts? What will be the consequence?
5. What do you think "*Guard your hearts and minds*" means? How will it happen?
6. Why do so many people find this (v6) difficult to do?
7. **Read v8-9.** Can you explain why this passage is essential for positive mental health?
8. **Read v10-20.** What can we learn about Paul and how might this help us be more content? What is his secret? (v19)

Growing in discipleship: Practical application



9. What stops our hearts and minds being guarded by God?
10. How can we be more intentional in fulfilling the command in v8-9?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.