

3. Entrust yourself into the hands of your Heavenly Father.
(Philippians 4:6)

4. From where ought we seek inward peace?
(Philippians 4:7)

Table Talk

- 1) What areas of your life make it difficult for you to rejoice? What encouragement can you ponder upon from Psalm 150? Why is it so easy for us to replay our anxieties in our mind over and over, yet so hard to stay in a pattern of rejoicing? What areas of your life can you allow a worship song to penetrate your worry? (v.4)
- 2) In what ways do you see God drawing near to you? How can being reasonable and gentle with others bring peace in relationships? Since “The Lord is at hand” could mean both a physical presence and speak of his imminent return, what impact does that make on our day-to-day life decisions? (v.5)
- 3) How does each of these words differ: “Prayer” (proseuche), “Supplication” or “petition” (deesis), “Thanksgiving” (eucharistias), “Requests” (aitemata)? What are the different ways we can make our requests known to God? (v.6)
- 4) How can the church community allow us to be protected and guarded? How does God guard our hearts in a unique way in community versus as individuals? What are the areas of your mind you will drift off to if not in sync with God’s plan for your maturity? What practical ways can God offer us His peace? (v.7)