



June 30, 2024

Philippians 4:1-7

The less stable the outside environment the more important it is to have internal stabilization. Paul gives us in this text three practices that, if put into action, can act as internal stabilizers that will help us weather any storm, turbulence, and difficulty.

Verses: Romans 8:32; Luke 10:20; John 2; Psalm 139

Community Group Discussion

Introduction

- How do you get good internal stabilization?

Rejoice (Philippians 4:4)

- "Rejoicing is remembering how God has come through in the past."
- What are the challenges of rejoicing always?
- What are some ways you remind yourself of God's faithfulness?

Reasonableness (Philippians 4:5)

- "The gospel makes the worst times bearable and the best times leave-able." – John Newton
- How does knowing you have an inheritance help you remain even keeled through circumstances in life?

Don't be Anxious (Philippians 4:6-7)

- How does the peace of God overcome anxiety?
- How are we supposed to take the Cross into every situation? (Romans 8:32)