



**Reference: Phil. 4:2-9**

**March 14-March 19**

## **INTRODUCTION**

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This week Michael spoke on three very unnatural things we must embrace to go beyond happy and experience joy. We will examine the importance of rejoicing, prayer and filtering our thoughts.

## **ICE BREAKER**

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When did you feel the most out of place? Describe the scene?

## **QUESTIONS**

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- 1) Michael referenced that we have discussed a lot of things that are unnatural to do/ think in our journey through Philippians thus far. What idea has been the most challenging concept for you so far?
- 2.) Read Phil. 4:2-4, Paul again challenges the Philippian church to do what? Michael told us it is unnatural to rejoice always, but what are some reasons that we can rejoice at all times?
- 3.) How can you practically build a habit of rejoicing into your day?
- 4.) Next Michael told us that it is unnatural to not be anxious. Read Phil. 4:6-7, Paul makes two commands that contrast each other. What does he say?
- 5.) What are some of the things that you feel anxious over at times?
- 6.) Michael said that God has a prescription for our worries: Prayer. This prayer is broken into two parts: a time of asking, followed by a time of gratitude. Are you praying? Would this describe the way that you pray about your anxieties?
- 7.) The last thing Michael told us about was that it is unnatural to think about these things. Read Phil. 4:8-9, what does Paul exhort the Philippian church to do? Why is it important to do this?
- 8.) Michael spoke to us about the importance of thinking and beholding the truth of our Heavenly Father instead of the Father of lies. The truth frees us while the lies wreak havoc in our lives. What are some lies that the enemy tempts you to believe about God, yourself or others?

**For Further Reading: Luke 8:22-24; Romans 8:32; John 14:27; Hebrews 4:15-16**