

Christ-Centred Paths to a Joyful and Peaceful Life

Philippians 4:2-9

Discussion questions

The Essentials

- 1) How would you define what a joyful and peaceful life looks like within the context of the current series? Contrast this biblical understanding with the world's perception of peace and joy.
- 2) In what ways does the world seek to access or attain peace and joy, and how do these differ from the spiritual approach?

Going deeper

- 3) In Philippians 4: 2-9, Paul identifies four attitudes we need to actively pursue to experience true joy and peace. Discuss the importance of each of these. Give practical examples or share personal experiences of how a practice of these things promotes peace and joy.
 - a) Seek and embrace peace: Phil 4: 2-3; Matt. 5:22-24; Heb. 12:14-15
 - b) Being considerate (reasonable): Phil. 4:4-5; Eph. 4:2-3 (NLT)
 - c) Cast your cares (worries) to God: Phi. 4.6-7; Eph. 1:15-22
 - d) Mind your thoughts: Phil. 4: 8-9; Prov. 4.23

Memory verse: Ephesians 4:2-3 (NLT)

² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Prayer points: Pray the prayer in Ephesians 1:15-22