

8) Paul says that God's peace "will guard your hearts and minds" from anxiety, doubt, and worry. This is a military term used of soldiers on guard duty. Just as soldiers protect a city, so God's peace guards and protects believers who confidently trust in Him. Is your mind guarded by God's peace, or is it infiltrated by fear, doubt, and false ideas? Write down the issues that are troubling you now.

9. Additional thoughts, questions and prayer.

Philippians Study 7

Context: The issue of spiritual stability is very much on Paul's heart in Philippians 4:1–9. It is true that the Philippian church had a special bond with Paul. They alone supported him when he left Macedonia. Paul did not have to sharply rebuke them for wavering doctrinally (as he did the Galatians) or tolerating sin (as he did the Corinthians). But there are hints throughout the epistle of the destabilising threats facing the Philippian congregation. They were experiencing persecution. There was a lack of unity. False teachers posed a threat. But perhaps the most serious threat facing the Philippians was the dispute between two prominent women in the congregation that threatened to split the church into rival factions. The situation was compounded by the failure of the elders and deacons to deal with it. As a result of those destabilising factors, some of the Philippians had failed to trust God and had given way to anxiety.

1) Describe Paul's relationship with the Philippians, using only verse 1.

2) What was going on in the church that concerned Paul (vv. 2–3)?

3) What is Paul's "recipe" for finding true peace?

4) Paul spells out the kind of thought life that will lead to a stable Christian experience (v. 8). What are the marks of that way of thinking?

5) How did Paul specifically challenge the Philippians in verse 9?

6) For more insight on how to maintain a peaceful mindset in an anxious world, read the words of Christ in Matthew 6:25-34. How does Christ suggest we experience peace?

7) From Matthew 6:25-34, what did Jesus command us to do and not do?



Charles Spurgeon once said: "If God cares for you, why need you care too? Can you trust Him for your soul, and not for your body? He has never refused to bear your burdens, He has never fainted under their weight. Come, then, soul, have done with fretful care, and leave all thy concerns in the hand of a gracious God"

8) With all the assurances of Scripture, why is peace such a rare commodity among so many believers?