

Sunday, April 19 At Home Church

A time to be thankful – in the midst of a bizarre time, let's not forget to be thankful. Take a few minutes to share what you're thankful for right now.

What was one takeaway from Pastor Dave's message today?

A reminder of our background questions that help us better understand the rest of the book.

- Who wrote Philippians? (Paul & Timothy)
- Who did he write it to? (The Christians in Philippi)
- Where was he when he wrote Philippians? (Prison or in house arrest)

Read Philippians 4 and as you read it, think of one word that sticks out to you.

What word stuck out to you as you read Philippians 3?

Now let's dive a little deeper into our chapter.

Like before, I will share a few things and questions that stuck out to me from Philippians 4 but please don't get stuck on just these questions. If other thoughts and questions stick out to you, discuss those as well. The goal is simply for us to learn from God's Word this morning and grow together, even while apart.

- Vs 4-7. Remember Paul is in prison. Knowing Paul is in prison, how does that change the way you read these verses?
 - How can we rejoice in the current situation we are in?
 - How have you seen worry affect your life?
 - Take a look at Matthew 6:25-34. What does this passage have to offer this discussion?
 - When have you experienced the peace of God guarding your heart and mind?

- Verse 8 can be a good filter for what we allow ourselves to see, watch, read and hear. Think about your TV, books, magazines, movies, social media, etc. choices. Do they fit the filter of verse 8? (for example, are they true? Are they pure? Etc)
- Vs 11-13 Paul talks about contentment, regardless of the circumstances. Paul says he knows the secret of being content in any situation. What is the secret?

Note of Understanding – Many times Philippians 4:13 has been used in a way that is God helps me do whatever I want. We must know the context and see that it's about contentment, that we can be content because we recognize that in Jesus, I have the ability to do all that God desires for me to do, not absurd, selfish or evil things.

- Take a look at 1 Timothy 6:6-10 – what does this passage add to the discussion on contentment?

Close your time in prayer

CHALLENGE: Text or call at least 2 people (go for as many you want) this afternoon sometime and share with them one thing that you learned from Philippians 3 today. If you have social media, consider putting what you learned on there, as well.

“HEAVEN’S WAY TO SUPPRESS YOUR STRESS”

Philippians 4:1-9, NIV84

2 Strategies for Reducing Stress:

1. FIND JOY IN ...

- *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."* Php. 4:6
- *"Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends."* Php. 4:1
- *"Rejoice in the Lord always. I will say it again: Rejoice!"* Php. 4:4
- See Php. 3:1, & Neh. 8:10
- Key: Joy comes from _____.

2. WORRY ABOUT NOTHING, BUT...

- *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."* Php. 4:6
- See Mark 14:38, & Matt. 6:34
- *"When you pray, tell God every detail of your needs in thankful prayer."* Php. 4:6, Phillips Translation
- *"You can throw the whole weight of your anxieties Upon God, for you are His personal concern."* 1 Peter 5:7, Phillips Translation
- The facts about worry:
 - _____ % never happen
 - _____ % concern the past
 - _____ % needless health concerns
 - _____ % insignificant/petty issues
 - _____ % are legitimate concerns
- *"Come to Me, all you who are weary and burdened, and I will give you rest."* Matt. 11:28

Tis So Sweet to Trust in Jesus

Tis so sweet to trust in Jesus, just to take Him at His word,
Just to rest upon His promise, just to know "Thus saith the Lord."

Chorus:

Jesus, Jesus, how I trust Him! How I've proved Him o'er and o'er!
Jesus, Jesus, precious Jesus! O for grace to trust Him more!

O how sweet to trust in Jesus, Just to trust His cleansing blood,
Just in simple faith to plunge me 'neath the healing, cleansing
flood!

(Chorus)

Yes, 'tis sweet to trust in Jesus, just from sin and self to cease,
Just from Jesus simply taking life and rest and joy and peace.

(Chorus)

I'm so glad I learned to trust Him, precious Jesus, Savior, Friend;
And I know that He is with me, will be with me to the end.

(Chorus)

Our God

Water You turned into wine,
Opened the eyes of the blind
There's no one like You
None like You!

Into the darkness You shine
Out of the ashes we rise
There's no one like You
None like You!

CHORUS

*Our God is greater, our God is stronger,
God, You are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!*

Into the darkness You shine
Out of the ashes we rise
There's no one like You
None like You!
(repeat Chorus)

BRIDGE

And if our God is for us, then who could ever stop us?
And if our God is with us, then what could stand against?
And if our God is for us, then who could ever stop us?
And if our God is with us, then what could stand against?
What could stand against?

(repeat Chorus 2 times)

What A Beautiful Name

You were the Word at the beginning
One with God the Lord Most High
Your hidden glory in creation
Now revealed in You our Christ

What a beautiful Name it is, What a beautiful Name it is
The Name of Jesus Christ my King
What a beautiful Name it is, Nothing compares to this
What a beautiful Name it is, The Name of Jesus

You didn't want heaven without us
So Jesus, You brought heaven down
My sin was great, Your love was greater
What could separate us now

What a wonderful Name it is, What a wonderful Name it is
The Name of Jesus Christ my King
What a wonderful Name it is, Nothing compares to this
What a wonderful Name it is, The Name of Jesus

Death could not hold You, the veil tore before You
You silenced the boast, of sin and grave
The heavens are roaring, the praise of Your glory
For You are raised to life again

You have no rival, You have no equal
Now and forever, Our God reigns
Yours is the Kingdom, Yours is the glory
Yours is the Name, above all names

What a powerful Name it is, What a powerful Name it is
The Name of Jesus Christ my King
What a powerful Name it is, Nothing can stand against
What a powerful Name it is, The Name of Jesus
What a powerful Name it is, The Name of Jesus
What a powerful Name it is, The Name of Jesus

Lord I Need You

Lord, I come I confess
Bowing here I find my rest
And without You I fall apart
You're the One that guides my heart

Chorus

*Lord, I need You, oh I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You*

Where sin runs deep Your grace is more
Where grace is found is where You are
And where You are Lord I am free
Holiness is Christ in me
(repeat chorus)

So teach my song to rise to you
When temptation comes my way
And when I cannot stand I'll fall on You
Jesus, You're my hope and stay
And when I cannot stand I'll fall on You
Jesus, You're my hope and stay
(repeat chorus)

Blessed Assurance

Blessed assurance, Jesus is mine!
O what a foretaste of glory divine!
Heir of salvation, purchase of God,
Born of His Spirit, washed in His blood.

Chorus:

This is my story, this is my song,
Praising my Savior all the day long:
This is my story, this is my song,
Praising my Savior all the day long.

Perfect submission – all is at rest,
I in my Savior am happy and blest;
Watching and waiting, looking above,
Filled with His goodness, lost in His love.
(repeat Chorus)

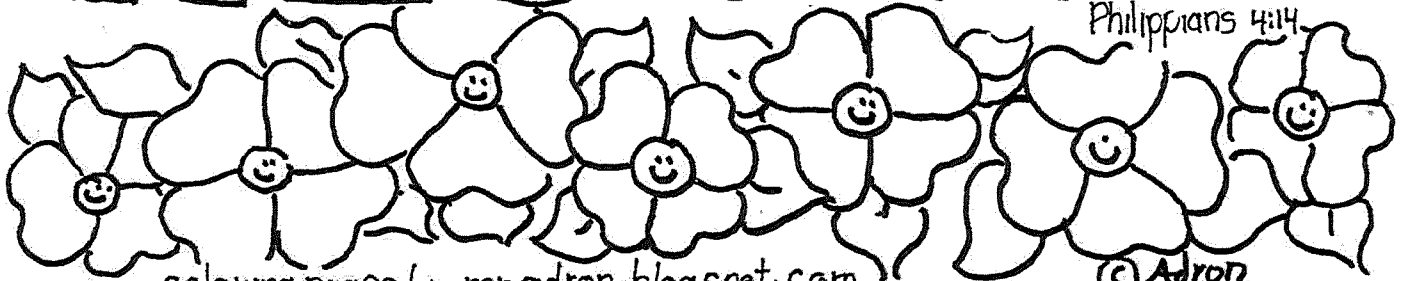


REJOICE
IN THE LORD
ALWAYS.

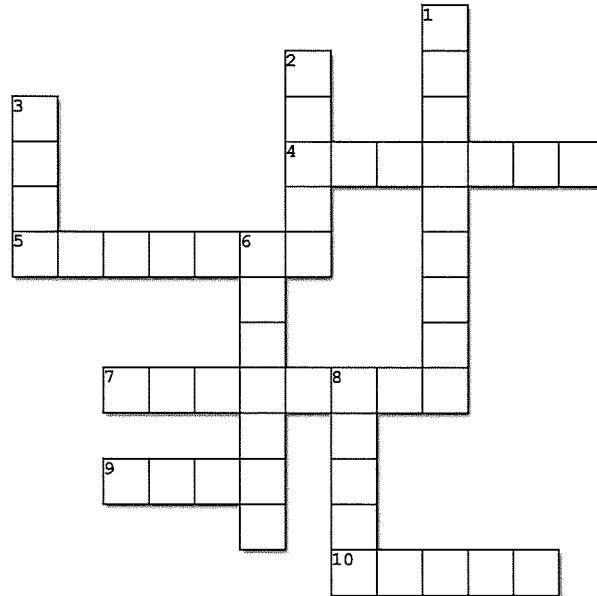
I WILL SAY
IT AGAIN,

REJOICE

Philippians 4:14



Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

4. to be excessively worried, fearful or uncertain
5. Paul challenges us to do this always
7. Who Euodia was having a disagreement with
9. The final word
10. God will meet all of our _____

Down

1. the sixth characteristic of the kind of things we should think
2. The _____ of our Lord Jesus be with your spirit
3. the chapter we are studying today
6. Paul learned the secret of being _____
8. Paul refers to these Philippian Christians as his joy and _____