

Philippians: Finding Joy in a Broken World

The Joy of Trusting

Read the following verses: Philippians 4:1-9

Examining the Text:

1. In verses one through nine how is the brokenness of the world described?
2. Paul addresses the problem of anxiety or worry in this section. What is his solution?
3. Paul exhorts the believers to focus on the positive things in verse eight. How is this related to worry and anxiety?

Digging Deeper:

1. Read Matthew 6:24-35. What promises are there of God's care in these verses that help us in trusting God?

The Heart of the Matter:

1. What things in your life tend to raise your anxiety levels? Have you had the experience of diffusing that anxiety with God's help?