Trinity Bible Study Notes

Peace That Passes All Understanding Philippians 4:5-9

5 Let your moderation be known unto all men. The Lord is at hand. 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

The Philippians were facing opposition and persecution, and with that the natural tendency to worry. Having instructed the Philippians to "rejoice" he now shows them the way to peace that allows such rejoicing. Moderation, prayer, intentional thinking, and action! The practical and purposeful Spirit-filled life ensures the peace-filled heart of confidence in the Lord. Armed with such peace, we may act with forbearance toward others and even always rejoice in the Lord! There is no magic formula, only a relationship with God ensures peace.

THE BIG IDEA

What is the main truth The Lord showed you in this passage?

Part 1 – Indiscriminate Moderation

Read Philippians 4:4-5; James 3:17

- 1) In James 3:17 the word translated "gentle" is also translated "moderation" in Philippians 4:5. How does this usage in James help give you a feel for this word "moderation"?
- 2) How might rejoicing (vs 4) affect your indiscriminate moderation?
- 3) How do you think a lack of moderation negatively affects a Christian's testimony inside and outside the church?

Part 2—Anxiety's Cure

Read Philippians 4:6-7; Jeremiah 33:3

- 1) How do you think prayer acts as a cure to anxiety?
- 2) Why does Jeremiah 33:3 indicate that prayer is a logical cure for wrong thinking?
- 3) How does your personal Christian experience testify to the truth of Philippians 4:6-7?

Part 3—Think on These Things

Read Philippians 4:8; 2 Corinthians 10:4-5

- 1) How does Philippians 4:8 form a practical test for our thoughts and meditations?
- 2) How does 2 Corinthians 10:4-5 indicate the importance of being intentional with our thought life?
- 3) What practical steps can you take to intentionally think the right thoughts?

Part 4—Action!

Read Philippians 4:9; Proverbs 16:3

- 1) According to this verse how could the Philippians be confident that their actions could be the right actions?
- 2) According to Proverbs 16:3 how can we guide our thoughts?
- 3) When have you seen "peace" follow your actions rather than lead your actions?