

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?

