



### OBSERVE & REFLECT

*This weekend we talked about praise and prayer. The Apostle Paul opens almost all of his letters and books in the New Testament with a focus on praise and prayer. It was a key part of his life and ministry. What do you love about praise and prayer? What happens in your life when you focus on praise and prayer?*

#### READ Philippians 4:1-9

- Read the text at least twice. Try reading the text from two different translations.
- What do you observe in the text? What jumps out at you and grabs your attention? What questions do you have from the text? Pay attention to any action words or phrases and observe what the implications are.
- Reflect on the sermon from the weekend regarding this passage. What aspects or truths from the sermon left an impression on you and why?

### INVESTIGATE & APPLY

*(This section focuses on what the scripture has to say as we dig deeper into the Word. It is oriented to create discussion on the scripture)*

- In Philippians 4:4, Paul starts to talk about Praise. Why do you think Praise is the first thing Paul talks about just after talking about a conflict in the church?
- In Philippians 4:5 Paul uses the word “reasonableness”? How do we have reasonableness in conflict?
- In Philippians 4:6 Paul moves to Prayer. This weekend we talked about how in conflict we usually go to others first and talk about the conflict because we want to be heard. Why is it so important to start in prayer after a conflict arises?
- After we do our part in praise and prayer, God promises peace. Why is peace so important?

#### Quote to Ponder:

John 16:33 (ESV)

<sup>33</sup> I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

- Jesus

### NEXT STEPS

*(This section is how to ‘put the rubber to the road’ so to speak, and is created for us to grow deeper with each other as we process the implications of the text)*

- What aspect of this study do you want to apply to your life this week?
- If there is a conflict in your life right now, would you be willing to bring it into community to see God work?