

# Week 6

## Philippians 4:4-9

### Intro

We don't really have time to mess around with stuff, so we are going to get right in it today. The last week in this series. Hopefully, we understand a little better Paul's heart for this group of people.

First Up. **Read Philippians 4:4-7.**

Have you ever been anxious? I'm guessing you have. Not only because I've experienced being anxious, but because there are tons of passages in the Bible that talk about it. For example, **1st Peter 5:7 says to "cast your anxiety on the Lord because he cares for you"**.

Anxiety, which is another word for "worry", is a big deal. **So, when I think about your life, statistics show that you are the most stressed-out group of teenagers ever.** Which is crazy, because in theory, you have the world at your fingertips. You've been told that you can do anything, nothing can stop you except yourself, blah blah blah. But the expectations have been raised to a certain degree and I wouldn't be surprised if you were to come to me after and say, "yeah, that's me." The next paper. The next assignment. The drama at school. The pressure to present yourself in a perfect way through Instagram. All these things can cause such deep anxiety that can't simply be wished away.

So, what did Paul say about this? He saw the stress and anxiety in his friend's eyes and here's what he writes.

### **Read vs 6-7**

He says, **"don't worry about anything". Which sounds unhelpful.** But he gives some action steps with it. He says, "but! In every situation". Let's think about that. When he says every situation, what that means if you look at it in the original language which is Greek, it means..."in every situation". I wouldn't be surprised to find out that a lot of people pray before a test, or a big game, or when someone you know is in the hospital, or when you get hurt. But do you pray before you start your homework? Do you pray before a long trip? Do you pray when you start having feelings for that dude and you don't know what's going to happen? Do you pray when you are about to go into your shift, and you're tired, and you are just over it? Paul says that we should pray about "every situation".

But not just pray, but "by prayer and petition, with thanksgiving present your requests to God".

Then he says there is a result, "And the peace of god, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Oh, cool Paul. You don't know. You don't know the stress that I'm under. You don't know what's going on in my family. You don't know what's going on with my friends and I just got backstabbed and that guy that said he loved me turned out to be a total jackweed and is telling lies about me. You don't know Jordan. You don't know!

1. I might
2. Paul was chained to a roman guard when this was written. He knew exactly what stress and anxiety was. He was most likely on a path to death. And what did he say, "the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus".

#### DAVE EDWARDS HOLA HOOP EXAMPLE

That's beautiful. That's hopeful. That's true.

Part 2.

This next section of verses we are going to go through together, I thought it would be good to have a conversation about them with Max and Josi. So, they are going to come up and we are going to kind of talk about this section with them and get their insight into it.

#### **Read Philippians 4:6-7**

Question 1 - When you think about what people, and even yourself, naturally draw to focus on, what do you think it is?

Questions 2 - Can you give some examples of things that are noble/right/pure/lovely/admirable in your life?

Question 3 - When you look at these verses, how do you apply it to your life?