



Meditate On Good Things Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
Philippians 4:8

1. _____

“O Lord, our Lord, your majestic name fills the earth! Your glory is higher than the heavens... When I look at the night sky and see the work of your fingers — the moon and the stars you set in place — what are mere mortals that you should think about them, human beings that you should care for them?” Psalm 8:1, 3-4, NLT

2. _____

“See, I have chosen Bezalel ...and I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills— to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood, and to engage in all kinds of crafts.” Exodus 31:1-5

3. _____

“...give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:18

4. _____

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid... I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 14:27; 16:33

QUESTIONS *for discussion or personal reflection*

CONNECT

Share with the group what has helped you the most from this series.

ENGAGE

1. Read 2 Corinthians 10:5
Chapter 9 challenges us to think about what we think about. What does it mean to you to “take captive every thought and make it obedient to Christ”. How does this help your anxiety level? What helps you accomplish this?
2. Read Romans 12:1-2; 2 Corinthians 10:5; and Ephesians 6:14. What does each verse ask us to do so that our thoughts are not dominated by anxiety? What are some ways we can live out these commands in our everyday life?
3. Read Jesus’ words in John 15:1-8. What does it mean to abide in Christ Who or what do you find yourself abiding in more than Christ? How can you attach yourself to Christ more than the people and things of this world?
4. Jesus says, “If you remain in me and I in you, you will bear much fruit” (John 15:5). What are the fruits we produce when we remain in Christ? (See Galatians 5:22-23.)
5. Our goal is not to bear fruit but to stay attached to Christ. What is the difference between these two goals? What is the consequence of focusing on bearing fruit instead of focusing on staying attached to Christ? How have you seen this unfold in your own faith journey?

APPLY

How will you live out Philippians 4:8 and stay calm in the chaos that surrounds you this week?