



Transformed by the Truth

Questions for Reflection & Discussion

How to stay calm amid chaos:

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Philippians 4:4; see also Isaiah 26:3; Romans 15:13

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Philippians 4:5; see also James 5:8

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Philippians 4:6; see also Matthew 6:34; 1 Peter 5:7
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 - _____
Ephesians 5:20; 1 Thessalonians 5:18

- _____
Philippians 4:8

- _____
Philippians 4:9; see also Isaiah 32:17

1. Read Philippians 4:4. What is the most severe storm in your life right now? What truth about God can you rejoice in that may help you to stay calm amid the turbulence of your circumstances?

2. Read Philippians 4:5. In what relationship would a “yielding” spirit help you to experience a deeper sense of peace? What do you need to let go of to find that peace?

3. Of the qualities of peace-producing prayer mentioned in Philippians 4:6, which is most often lacking in your prayer life? (Add this ingredient to your prayers and see if it produces in you a more powerful feeling of peace!)

4. Read Philippians 4:8. In what areas of your life are you struggling to think pure, positive and God-pleasing thoughts? How can you begin to change your thinking pattern today?

5. Read Philippians 4:9. Is there any area of your life in which you are not doing what you know is right? What changes is the Spirit of God nudging you to make? Will you obey His voice?

Passages on peace:

- Psalm 37:1-11
- Psalm 46
- Mark 4:35-41
- Romans 8:5-14
- Philippians 4:4-9