



LEVEL UP YOUR PEACE

Philippians 4:1 – 9
November 17, 2024
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MESSAGE NOTES

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the Book of Life. Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

– Philippians 4:1 – 7 (ESV)

"Level Up"

Practice these things, immerse yourself in them, so that all may see your progress. – 1 Timothy 4:15 (ESV)

Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the Book of Life.

– Philippians 4:3 (ESV)

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

– Philippians 4:1 (ESV)

Leveling up with peace:

- **By agreeing in the Lord with greater purpose**

I entreat Euodia and I entreat Syntyche to agree in the Lord. – Philippians 4:2 (ESV)

- **By rejoicing in the Lord with greater praise**

Rejoice in the Lord always; again I will say, rejoice. – Philippians 4:4 (ESV)

Let your reasonableness be known to everyone. The Lord is at hand; ... – Philippians 4:5 (ESV)



- **By praying with greater thanksgiving**

... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – Philippians 4:6 (ESV)

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:7 (ESV)

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. – Philippians 4:8 – 9 (ESV)



DISCUSSION QUESTIONS

(Feel free to use as many or as few questions for your group discussion)

- Discussion Starter: Share something that causes you anxiety or worry, even if it's small. Or, share your most irrational fear.
- Our theme verse for this series is 1 Timothy 4:15: "*Practice these things; immerse yourself in them, so that all may see your progress.*" Try reciting it from memory with someone near you.
- Read Philippians 1:1 – 2. What does it mean to "*agree in the Lord*" even when we may disagree on other things?
- Read Philippians 1:5. Why do you think the Bible emphasizes how others perceive our gentleness when navigating differences?
- Read Philippians 1:6. Why is prayer and thanksgiving such a strong antidote for anxiety and worry?
- Why are bitter conflicts in a church or family so damaging to everyone, not just to those directly involved? How is the restoration of a conflict a powerful picture of what Christ has done for us?
- Read Philippians 1:7. Share an experience where the peace of God has "*surpassed*" your understanding of a situation? How does God's peace and presence "*guard*" our hearts and minds?
- Read Philippians 1:8 – 9. What does God want us to "*practice*"? Discuss some ways we can put these things into practice. Share some examples of the fruit you've seen in your life from practicing them in the past.
- Read Philippians 1:7, 9. Why does Paul distinguish between experiencing "*the peace of God*" through prayer and knowing "*the God of peace*" in our lives?
- Share some areas in your life where you need God's peace, and then pray for each other.