

Philippians 4:1-9 – Choosing Faith, Not Fear

Guide for Further Study

Some Key Points:

Fear, worry, and anxiety are some of the most natural emotions that we, as humans, face. It can drive us to do great things or keep us from doing anything. It can push us forward or it can keep us back. The word “worry” comes from an old English word “weryen” and it means to strangle, bite, or harass and isn’t that exactly what worry does to us? In our passage today, Paul shows us how to overcome the worries of our lives with three tools.

The first tool Paul gives us to overcome our worries is HEARTFELT PRAYER (4:6-7). He reminds us that we can take all that burdens us, all that is strangling the spiritual life from us and give it to God through prayer. Through worshipful prayer, our eyes turn from problems to the solution. Through supplication prayer we bring our needs to him in faith that the Almighty God of the universe who loves us can and will do something about our needs. Through thanksgiving, we are reminded of God’s past faithfulness to us and how he won’t change now.

The second tool Paul gives us is HEALTHY THINKING (4:8). So many of our fears are based on lies from our enemy. Paul encourages us to actively think on things that are true, honorable, just, pure, lovely, commendable, excellent and worthy of praise. Knowing the truth about God brings freedom to our souls, including freedom from worry (John. 8:31-32).

The third tool Paul gives us is HOLY LIVING (4:9). Many worries are because we are trying to control our lives, instead of surrendering our lives to Christ’s control and allowing Him to be your King. God calls us to a certain standard of behavior as a means of worship to him. Many worries, fears and anxieties come from when we are trying to be our own rulers, instead of following Jesus. When we live a holy lives, God’s peace will be with us.

For Discussion:

- 1) What do you find inspiring or meaningful in the passage?
- 2) What are some of the fears you have experienced in your life? How has God helped you overcome these fears (or how is He helping you currently)?
- 3) While we all probably need to get better using each of the 3 tools Paul gave us for overcoming fear, which one do you think needs special focus in your life right now? Why?
- 4) What are some practical things you can do to help you grow in your ability with each of the tools?

Moving Forward:

When our worries stay hidden within us, they grow in their power. Exposing them to the Light of Jesus will shrivel up as you choose faith over fear. Consider writing out what your worries/fears are, what the lies behind the worries are, what the truth of God’s Word says about that lie, and what the faith response you will choose is and then pray over it, releasing the worry to God and claiming the truth of God’s word.