

PHILIPPIANS

UNSHAKEABLE FAITH

STUDY TOOLS

Sunday, March 23, 2025

Teaching Title: Unshakeable Minds

Key Scripture: Philippians 4:4–9

CEDAR VALLEY

5-DAY READING PLAN WITH QUESTIONS:

Monday: Philippians 4:1–9 & 2 Corinthians 10:1–6

Tuesday: Colossians 3:1–17

Wednesday: Romans 12

Thursday: Psalm 26

Friday: Isaiah 26

1. What does this passage tell you about God?
2. What does this passage tell you about people?
3. If this is God's word, what do I need to do?
4. What's your takeaway?
5. Who would you tell?

MEMORY TOPIC:

Controlling our thoughts

MEMORY VERSE:

Philippians 4:8 NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

LIFE GROUP DISCUSSION:

Introduction:

In Philippians 4, Paul is approaching the conclusion of his letter to the Philippians. He has already emphasized the importance of unity within the Church, the joy found in walking with the Lord, and the humility of Jesus that believers are called to imitate. All of this was said in the context of suffering, as Paul himself was a prisoner for the Gospel. Now, Paul shifts his focus to the life of the mind and the power of our thoughts in shaping our lives. Our thinking can either bring peace or turmoil. But how can we control our thoughts? In these five verses, Paul outlines seven habits to cultivate healthy thinking—habits that are made possible by God's grace in Christ. By applying these principles, we can experience God's unshakeable peace, even in the midst of difficult circumstances. An unshakeable mind leads to unshakeable peace.

Questions:

Icebreaker—What was the first thing that crossed your mind when you woke up this morning?

1. Read Philippians 4:4–9 as a group. Why do you think Paul emphasizes the importance of the life of the mind (Philippians 1:27, 2:2, 2:5, 3:15, 3:19, 4:8)? Why does Paul say we should be careful about what we focus our minds on?
2. Let's now turn to the seven habits of healthy thinking. **Rejoice Relentlessly (Philippians 4:4):** What does "rejoice relentlessly" mean? Why do you think Paul specifies "always" and "in the Lord"?
3. **Staying Close to the Source (Philippians 4:5):** How does God's presence bring peace to your mind? What are some practical ways you can stay close to God in your daily life? (see Notes)
4. **Do Away with Worry (Philippians 4:6):** Why do you think Paul tells us not to worry about anything? What are some ways to stop worrying and begin trusting God more fully?
5. **Gratitude is Your Attitude (Philippians 4:6):** How can gratitude shift your mindset? How does giving thanks,

even for small things, change the way you think about life?

6. **Pray, Don't Replay (Philippians 4:6–7):** What does "pray, don't replay" mean? How can prayer help you release your worries instead of replaying them over and over in your mind?
7. **Think on These Things (Philippians 4:8):** In your daily life, how can you focus on things that are true, honorable, pure, and praiseworthy? What are some examples of thoughts that align with this mindset?
8. **Follow the Right Footsteps (Philippians 4:9):** Paul encourages us to imitate those who follow Christ. How does the influence of others shape the way you think and live? Are there people in your life who model a healthy thought life?
9. What area of your thought life do you feel God is calling you to work on the most (e.g., worry, joy, gratitude, etc.)? Are there any unhealthy thought patterns that need to be reshaped? What is one step you can take this week to improve that area?

Notes

Question 3—

In Philippians 4:5, Paul says, "Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon" (New Living Translation, NLT). Some translations say, "the Lord is near" (New International Version, NIV) or "the Lord is at hand" (English Standard Version, ESV). The Greek word used here is ἐγγύς (engys) which can mean "nearness of place" or "nearness of time" (Strong's G1451). So, when Paul says, "the Lord is near," some translators take this to mean near to us as in "present" and other translations take it to mean nearness of time, "He is coming soon" as in the New Living Translation. Perhaps Paul means both here!

Digging Deeper

Here are more resources on controlling our minds by the power of the Spirit:

RightNow Media:

- *Get Out of Your Head* by Jennie Allen
- *Mind Traps* by Clay Scroggins

Books:

- *Winning the War in Your Mind* by Craig Groeschel
- *Battlefield of the Mind* by Joyce Meyer