



**PHILIPPIANS:
ENJOYING LIFE**
An interactive Bible study for
individuals, families,
and LIFE Groups

~ Week Thirteen ~
"Words for Worriers"
Philippians 4:2-9

SERMON NOTES

Record your insights and observations from this week's sermon:

Thanks for using UPC's weekly Bible study guide. We pray that this tool will help you RECALL what you heard in the Sunday sermon, REFLECT on the Scriptures more fully, and RESPOND with love to God, church, and community. If you miss a sermon, or would like to review it, visit our website: www.upc-orlando.com.

WARM UP

What worries you?

RECALL THE SUNDAY SERMON

Read Philippians 4:2-9

a) How did God speak to you through this week's sermon?

b) Recall from the sermon what worry is and what it isn't. Can you think of Biblical examples of a good kind of "worry"? (Hint: see Philippians 1:20; 2 Corinthians 11:1-4; Galatians 4:19-20)

c) We don't know who Euodia and Syntyche were (4:2-3). But what can we generally infer was going on in the church at Philippi that disturbed Paul? Why did it disturb him? (See Philippians 2:2; John 13:35; 17:20-23)

d) What four practical ways of fighting worry were presented in this week's sermon?

- Spontaneous _____ (Verses 6-7)
- Disciplined _____ (Verse 8)
- Responsible _____ (Verse 9)
- God-centered _____ (Verses 4-5)

REFLECT A BIT FURTHER

- a) Look up the following Bible verses: Psalm 3:3-6; 46:1-2; Romans 15:13; John 14:1. In light of these verses as well as this week's reading (Philippians 4:2-9), what do you conclude is at the heart of worry? What makes it so grievous?

- b) List as many implications as you can of this phrase in Philippians 4:5 – "The Lord is near."

- c) How is thanksgiving (4:6) related to one's experience of peace?

- d) What aspects of daily life make it difficult for you to practice Philippians 4:8?

- e) Paul exhorts us twice to rejoice (4:4). Why? A different way to approach this question would be to ask: What are the costs of living a worry-filled life? (See Proverbs 12:25)

RESPOND TO GOD'S WORD

- a) Earlier, you were asked to write down what worries you. Now it's time to look at your worries a bit more deeply. What do you think is causing or feeding your worries? Check all that apply:

Is it a lack of prayer?

Is it a thought life that is out of control?

Is it failure to take responsibility for something you need to do?

Or is it simply unbelief?

- b) Share with a trusted friend or your small group your answer to the question above, and ask them to pray for you to take concrete steps to worry less and trust God more.

PRAY FOR UPC

Please pray this week for:

- **Pastor Mark Bates and his family** as they travel on vacation.
- **Rob and Lisa Stewart**, our missionaries to Japan – They will soon be moving to Chiba, where Rob will serve as principal of Covenant Community School International. They are short about \$1,000 in monthly support.
- **U-Life**, our ministry to college students. Justin Miller is leading the summer program. Pray that U-Life will effectively connect with new students moving to Orlando this summer as well as with our own students who have come home for vacation.
- **Christ Kingdom Church**, our daughter church. Pray that this new body of believers will significantly impact Avalon Park with the gospel. Amy Aunger, a member of UPC, is the new Children's Ministry Director of CKC. Jason Vargas, another UPC member, will become their Youth Director in August. Pray that they will quickly and effectively settle in to their new roles with CKC.