

Questions for Consideration—*With the Master In Fullness of Joy*

Lesson 22 — The Cure for Anxiety — Philippians 4:4-7

1. (a) Read the entire book of Philippians and note all the times joy or rejoicing is mentioned. (b) Why do you think Paul mentions this word so often in this little epistle?
  
2. Memorize Philippians 4:6
  
3. (a) According to Habakkuk 3:17-19, what could have been some reasons for sorrowing? (b) According to verses 18 and 19, why is it that we are able to rejoice in the Lord? (c) Rewrite verse 17 to fit your own situation. For example: Although the bank account is low, my best friend has forsaken me, my health is poor, etc., Yet I will rejoice... (use true to life sentences.)
  
4. (a) Who was anxious in the story mentioned in Luke 10:38-42? (b) What does Jesus say to her? (c) How does this relate to what Paul says in Philippians 4:6? (d) What can you learn from this true story that will help you to be calm while being hospitable?
  
5. (a) List all the things that could have caused the apostle Paul anxiety according to 2 Corinthians 11:24-12:10. (b) What was his attitude? (c) What can you learn from Paul about the key(s) to overcoming anxiety?
  
6. What are the things that might have caused the Philippian believers to be anxious?
  
7. Come prepared to share a time in your life when you experienced the peace of God when you should have (from the world's viewpoint) been experiencing anxiety.
  
8. (a) Which things or people cause you anxiety? (This question is to be answered discreetly please.) (b) Have you prayed about them? (c) If not, take the time this week and commit those things to God, and then enjoy the blessed peace He will bring as you trust Him. (d) Bring a request so that others can pray for you as well.