



Sermon Discussion Questions

Over-Looking Anxiety (Philippians 4:1-9)

Philippians: Joyful Unity in the Gospel

August 2, 2026 – Aaron Lewis

Sermon Overview

Main Idea

Our study of Paul's letter to the church at Philippi has focused on various aspects of true joy that can be found as we live a gospel-centered life. Today, our emphasis will be on how the joy of the gospel is the best weapon we have to combat anxiety.

Sermon Outline

- 1) We must pursue peace with each other (v.2-3)
- 2) We must pursue peace from God (v.4-7)
- 3) We must pursue the God of peace (v.8-9)

Discussion Questions

Initial Engagement

- What is the main idea of the text, or on what did the sermon focus?

Deeper Reflection

1. We are a very anxious people. Name a specific thing, person, or situation causing you to be anxious today? How does being anxious steal your joy? What are consequences of living with extreme anxiety?
2. Read Philippians 4:2-3. Why do you think Paul was so pointed in calling out Euodia and Syntyche to deal with their disagreement? What are potential consequences of not being at peace with a fellow Christian? What steps should you take to deal with your brother or sister with whom you are not at peace?
3. Read Philippians 4:4-7. We have probably all experienced the 'peace of God' described in verse 7 at some time. According to Paul, what steps lead to us finding this peace (vs 4-6)? What do each of these steps mean, on a practical basis?
4. At first pass, Philippians 4:8 simply looks like a list of virtues we should strive to attain. But in verse 9, Paul tells us to practice them. What do each of these virtues mean and what would it look like to think about and practice each?

Final Response

- What is one thing you want to remember or one way you hope to change in light of this sermon or discussion?