



PEACE

"The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:7



Peace will Guard your Heart

Philippians 4:4-13

November 1st-November 7th

4 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. **11** I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **12** I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13** I can do all this through him who gives me strength.



the Fruitful Life



WBS FRUIT STUDY

Passage: Philippians 4:4-13

FOUNDATION “

Write out any key or repeated words and phrases. What is the key verse of the passage? Pick a memory verse and write it out.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

”

READ & REREAD

Read the passage in multiple translations. Notice any differences. Did anything stick out new when you read it again?

NIV I know what it is to be in need,
and I know what it is to have plenty.
KJV I know both how to be abased,
and I know how to abound...

The message:
Don't fret or worry.
Instead of worrying,
pray.

UNDERSTAND

Ask Questions of the passage. What does it teach me about God? What does it say about sin? What does it say about the gospel? What would you like to research further?

INTERPRET

Consult Commentaries. Use any commentaries or Study Bible notes to help answer some of your above questions. Write out any insights.

Anxious · self-centered counterproductive
worry
peace of God is the opposite of anxiety

TAKE ACTION

Apply the passage. How does this passage change you? What is one action step you can take from it? Close your time by writing out a prayer from what you have learned.

Philippians 4:4-13
Peace will Guard Your Heart

***Remember to read the Optional Application*

1. What comes to mind when you hear the word "peace"? What robs you of peace?

Contentment ; lack of worry.
worry about the future - health,
financial situation, being away
from loved ones.

2. What are the four commands found in verses 4-6. Do you struggle with any of these?

- Rejoice in the Lord
- Let your gentleness be evident
- Do not be anxious
- Present your requests to God

3. Paul urges his leaders to let their gentleness be evident to all. How do you think this is connected to his command to rejoice in verse 4?

Happy people are not scary. -ü

4. Read Philippians 2:18, 3:1, and 4:4. What do you think about "rejoice" being a command like this?

I think happiness can be a choice. A command to rejoice is kind of like a command to choose to be happy.

5. What is Paul's antidote to worry or anxiety in verse 6? Have you found this to be true?

Present requests to God. Yes, when I remember to do it. Although I do still worry.

6. Read John 14:25-27- How is peace connected with the Holy Spirit?

The Holy Spirit is with us and will remind us of all Jesus has said.

7. In your own words, explain what Paul says in Philippians 4:8. How does your thought life affect your ability to live in peace?

Focus on the positive.
[9-11 and PTSD]

8. Where do you spend your time, or fill your mind with things that are not in line with this description in verse 8? How has that perhaps robbed you of peace?

Well, it used to be news. Now Adam is my filter for it because it doesn't bother him as much.

9. Read Hebrews 13:5 and 2 Corinthians 12:10. Compare that with verses 11-13 of our passage in Philippians. What does the Scripture say about contentment?

Contentment is not dependent upon circumstance.

10. Philippians 4:13 is one that is commonly memorized and quoted. Reading it in context, what is Paul actually saying?

Because of Jesus, he can be content in any situation he is placed in.

***Optional Application: Read Psalm 121 everyday this week. Read it if you feel anxiety or worry creep in to your mind.*

He Himself is our Peace

Ephesians 2

November 8th-November 14th

As for you, you were dead in your transgressions and sins, **2** in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. **3** All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. **4** But because of his great love for us, God, who is rich in mercy, **5** made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. **6** And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, **7** in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. **8** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— **9** not by works, so that no one can boast. **10** For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

11 Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)—**12** remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. **13** But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

14 For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, **15** by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, **16** and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. **17** He came and preached peace to you who were far away and peace to those who were near. **18** For through him we both have access to the Father by one Spirit.

19 Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, **20** built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. **21** In him the whole building is joined together and rises to become a holy temple in the Lord. **22** And in him you too are being built together to become a dwelling in which God lives by his Spirit.



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TAKE ACTION

Apply the passage. How does this passage change you? What is one action step you can take from it? Close your time by writing out a prayer from what you have learned.

4. Read Romans 9:3-5. What were the privileges given to the Jews?

5. Compare the Romans passage to Ephesians 2:11-12. What were the disadvantages for the Gentiles? How are these the same for us before we became believers?

6. Have you ever felt alienated? I am sure we all have felt this at times. How does being brought in when you were left out make you feel?

7. Read Isaiah 42:5-6. What was Israel called to do? According to our passage were they fulfilling this?

8. Ephesians 2:19-22 sums up our passage well. What have we now become in Christ according to these verses?

***Optional Application: Without confession we can't make peace with others because we won't realize that we ourselves have made any mistakes. Spend 10 minutes at the end of each day confessing where you went wrong. Pray for forgiveness and for God to help you to make different decisions tomorrow.*

The Prince of Peace

Isaiah 9:1-7

November 23rd-November 28th

Nevertheless, there will be no more gloom for those who were in distress. In the past he humbled the land of Zebulun and the land of Naphtali, but in the future he will honor Galilee of the nations, by the Way of the Sea, beyond the Jordan—

2 The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.

3 You have enlarged the nation
and increased their joy;
they rejoice before you
as people rejoice at the harvest,
as warriors rejoice
when dividing the plunder.

4 For as in the day of Midian's defeat,
you have shattered
the yoke that burdens them,
the bar across their shoulders,
the rod of their oppressor.

5 Every warrior's boot used in battle
and every garment rolled in blood
will be destined for burning,
will be fuel for the fire.

6 For to us a child is born,
to us a son is given,
and the government will be on his shoulders.

And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.

7 Of the greatness of his government and peace
there will be no end.

He will reign on David's throne
and over his kingdom,
establishing and upholding it
with justice and righteousness

from that time on and forever.
The zeal of the Lord Almighty
will accomplish this.



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The Prince of Peace

Isaiah 9:1-7

**Remember to read the Optional Application

1. Read Matthew 4:12-17. How does this show the prophet's words in Isaiah being fulfilled?
2. Read Isaiah 6- how might that incredible scene have been in his mind as he wrote this passage in chapter 9?
3. Read Isaiah 8:22. How does chapter 9 stand in stark contrast? How does it offer hope?
4. Isaiah 11:6-9- What is the picture of peace given here?

5. What has caused their joy to increase, what was done for them in Isaiah 9:4-6?

6. In verse 6 there are four names of God given. Describe them in your own words.

Wonderful Counselor

Mighty God

Everlasting Father

Prince of Peace

7. What do you learn about peace from the following passages:

Judges 6:23-24

Numbers 6:26

8. How do these verses about Jesus being the light encourage you as you enter into the Christmas season?

Isaiah 60:19

John 1:4-9

John 8:12

Ephesians 5:8-10

***Optional Application: Write out a short prayer from one of the four names of God that are given in verse 6. Pray that prayer over this Christmas season. When you feel anxiety creep in, pray that prayer. Allow peace to wash over you as you take hold of who God is.*