

Community Group Discussion Questions
“Tripping on Tryptophan” Philippians 4:1-9 Nov 25/26

Getting Started

Thankfulness is most accurately described as “think”fulness! To be thankful is to be (think)ful. Therefore, in order to live in a persistent attitude of gratitude, despite our circumstances we must develop an awareness of the power of persistent prayer.

How do you see persistent prayer leading to an attitude of gratitude?
What is the connection?

Going Deeper

1. Requires an Eternal Perspective
 - A. The Cause (v. 3)
 - B. The Command (v. 4)

There are times when we struggle to be thankful, especially when we are at odds with another person, or locked into a disagreement with them. Finding thankfulness at times like these requires us to remember that even though we may be in strong disagreement with another Christian, we are both still going to be in heaven, enjoying eternal life with Jesus. How can having an eternal perspective change how you go through conflict?

2. Recognize an Eternal Presence
 - A. The Cause (v. 5)
 - B. The Command (v. 6)

We often feel anxious when we feel lost, neglected, or forgotten. Anxiety is closely related to fear and insecurity. It's hard to be thankful when you have these competing feelings. If we know 'the Lord is at hand', how does that affect our anxiety? If He commands us to 'not be anxious about anything' what is the alternative for us to obey?

3. Respond to an Eternal Plea

A. The Cause (v. 6)

B. The Command (v. 6)

Prayer – vehicle of communication based on relationship

Supplication – Urgency, Crisis or Need

Thanksgiving – Expression of Gratitude

In contrast to being 'anxious for nothing' we are told 'in everything' let our requests be made known to God. There is not one single anxiety, fear, or insecurity we have that God does not want us to share with Him. He wants us to bring everything before Him in prayer. We can approach Him in confidence because we have relationship with Him. We can ask for anything we need, and we can thank Him for all He has provided.

What are some requests you need to make known to God?

How can we be praying for you?

4. Receive an Eternal Peace

A. The Cause (v. 7)

B. The Command (v. 7)

Praying because you have a relationship with God will always bring you peace, as you remember He cares for you and knows you. Share with us about a time you brought a prayer need to God and He provided you with perfect peace...

5. Reflect on an Eternal Plan

A. The Cause (v. 8)

Whatever is true: Absolute

Whatever is honorable: Affirming

Whatever is just: Accountable

Whatever is pure: Above

Whatever is lovely: Accepting

Whatever is commendable: Agreeable

Whatever is excellence: Accomplished

B. The Command (v. 8)

What would your life look like if you replaced worry, fear, and anxiety, with the items on this list? How would your thought life and prayers be different?

Takeaway: Remember ACTS: Adoration, Confession, Thanksgiving, Supplication

Prayer Requests