

THE SEARCH

How Then Shall We Live

An In-Depth Study

Philippians 4:6-7

Daily Study Questions

Map
Memory Verse Cards

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Philippians 4:6-7^{NLT}

Don't worry about anything;

instead pray about everything.

Tell God what you need, and thank

him for all he has done.

Then you will experience God's

peace, which exceeds anything

we can understand. His peace

will guard your hearts and minds

as you live in Christ Jesus.

Let's mark up our verses to find common words, themes, subjects, verbs, commands, etc.

Mark or highlight:

- ✓ WORRY - highlight in orange
- ✓ PRAY - box in pink
- ✓ THANK - blue cloud bubble
- ✓ PEACE - highlight in blue
- ✓ GOD (and personal pronouns) highlight in yellow & put purple triangle over it
- ✓ JESUS - highlight in yellow & put purple cross
- ✓ INSTEAD - red circle around
- ✓ THEN - red circle around
- ✓ ANYTHING, EVERYTHING - light green box
- ✓ ALL - gray circle around
- ✓ EXPERIENCE - highlight in pink
- ✓ UNDERSTAND - highlight in pink & box in yellow
- ✓ GUARD - gray shield over it
- ✓ HEART - red heart
- ✓ MIND - brown cloud bubble around
- ✓ YOU - underline in blue (WE underline twice)



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Introduction

Many times we find ourselves fretting, worrying and losing sleep and even our appetites over stuff in our lives. Big stuff - cancer, wayward children, financial stress. Little stuff - are there really little things in our lives??

God, through Paul, commands us not to worry. That may seem harsh, but we will see that God is indeed commanding us to trust. To pray. To thank.

As we journey through these 2 verses, pray for fresh eyes to look at these beloved words. The New Living Translation (NLT) is used for this specific purpose - to cause us to pause and see the different cadence of how we should live in Christ.

Pray as you begin each session of the study. Ask God to open your eyes to see wonderful things in His law (Psalm 119:18). Grab your Bible, pens, dictionary and find your 'study spot'.

May we grow and learn together what the LORD desires for us to know about living in Him.

Let's pray - Father God, thank You for Your Word. It is rich, powerful, good, and worthy of our study. May we continue to study so we go deep in You and know You more and more. May we seek You each time we open our Bibles, and may we listen to Your voice in obedience and respond in love. May this study show us how important it is to pray - with conviction that You hear every word we utter and that You are waiting for us to pour out our hearts to You rather than worry. We need Your peace - and we thank You for it. AMEN.

QUESTION: What is prayer to you? List a few verses that speak to you about prayer.

What attracts you to these specific verses?

**Do you see God answering many prayers?
Are you shouldering blame for unanswered prayer?
(As in - If only I had enough faith, patience,
pray more, believed.)**

Let's see what God says about this. Look up:

Numbers 11:23

Proverbs 21:1

Proverbs 3:5-6

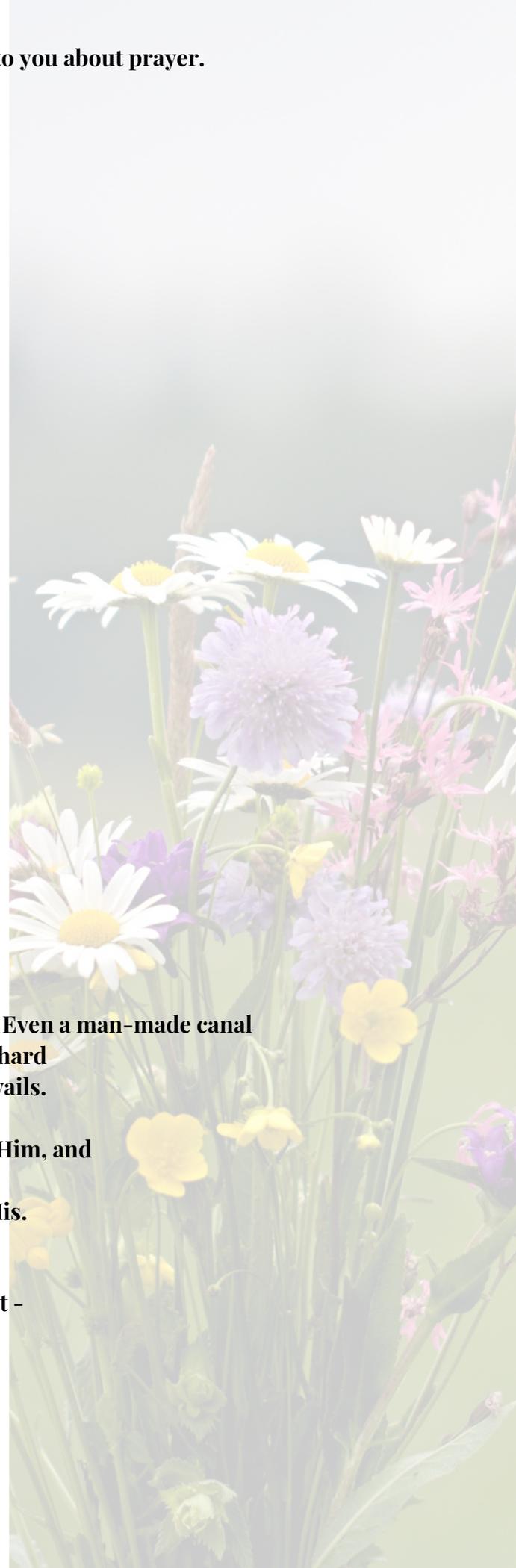
Isaiah 59:1-2

Hebrews 11:6

Watercourse (in Proverbs 21:1) in Hebrew is a man-made canal. Even a man-made canal will be guided and turned as the LORD directs it. We can try as hard as we might building and constructing, but the LORD's will prevails.

The LORD invites us to pray so we can have a relationship with Him, and not to view Him as a vending machine God, but as a loving Heavenly Father who delights in our presence as we delight in His.

Look up Hebrews 4:16 to remind ourselves our position in Christ -



This position is only for those who know Jesus as his/her Lord and Saviour.

If you do not it's as simple as:

A - admit you're a sinner

For everyone has sinned, we all fall short of God's glorious standard. Romans 3:23

B - believe Jesus came, died, and conquered death for your sin

For this is how God loved the world: he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. John 3:16

C - confess with your mouth that Jesus Christ is Lord.

If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9

If you just now prayed, or have known Jesus for a while, the truth is still the same - you have instant access to God's throne room and you are WELCOME, SEEN, HEARD, LOVED.

Reread the passage (Philippians 4:6-7) - use your marked up version.

In studying Scripture, context is KEY. Let's answer some basic questions:

Is Philippians in the Old Testament or New?

Who is the AUTHOR?

Who is the AUDIENCE?

WHEN did Paul write this letter?

What is the REASON for this letter?

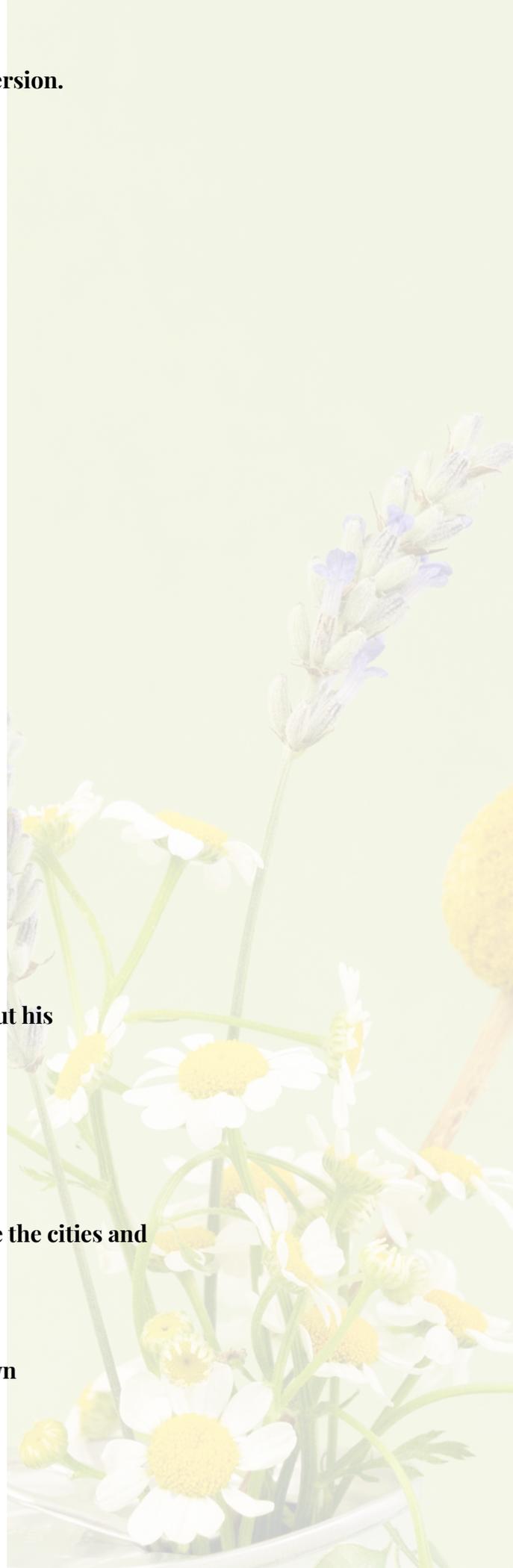
Paul was an apostle of Christ - but not one of Jesus's original disciples. In fact, Paul was a persecutor of the early Christians. That is until God spoke to him and called him to follow and serve Him. You can read about his conversion in Acts 9.

Paul himself suffered great persecution for preaching the Good News (the gospel) and was in prison when he wrote Philippians. Read Philippians 1:12-14 - what does Paul say about his imprisonment?

Paul tells us in Philippians 1:1 that he is writing to:

Find Philippi on the map - see following page. Circle it. Notice the cities and towns around it. What is this area generally referred to?

What type of people lived in Philippi? Read Acts 16 and jot down highlights from Paul's visit there.



Map of Jerusalem, the beginning of the spread of the gospel, the early church



Philippi was Paul's first stop on his second missionary journey. It was a prominent Roman military city, in Macedonia - Greece. It was a Gentile area, meaning non-Jewish. God was using Paul to share the Good News beyond the Jewish people.

Do you know the difference between Jew and Gentile? Look at these Scriptures to aid in this:

Romans 1:16

Romans 3:27-31

Romans 9:24-29

Ephesians 2:19

When was the letter to the Philippians written? (Usually there is an overview of each book in the Bible at the beginning of the book.)

***This date is not exact, but it is generally thought to be written between the late 50's-early 60's AD. It was a time of oppressive Roman rule, hence Paul was in prison.**

Read the entire book of Philippians in one sitting and write down verses to clarify why Paul wrote this much-loved book.

We have done a lot of backstory work, but we are needing just a tad more. Let's look at Philippians 4:1-8.

CONTEXT of any given passage is paramount when studying Scripture - looking at verses before and after a passage will help us stay on track and help us not pull a meaning 'out of context' when studying.

What does Philippians 4:4-5 say?

Philippians 4:8?

Our verses (6-7) are couched between these verses. WHAT was Paul pointing out?

Go back to your marked up page and number the imperatives (commands).
How many are there in verse 6?

#1 Don't _____ about anything.

#2 _____ about everything.

#3 _____ God what you _____ .

#4 _____ Him for _____ He has done.

worry _____

Look up WORRY in a dictionary. What does it mean?

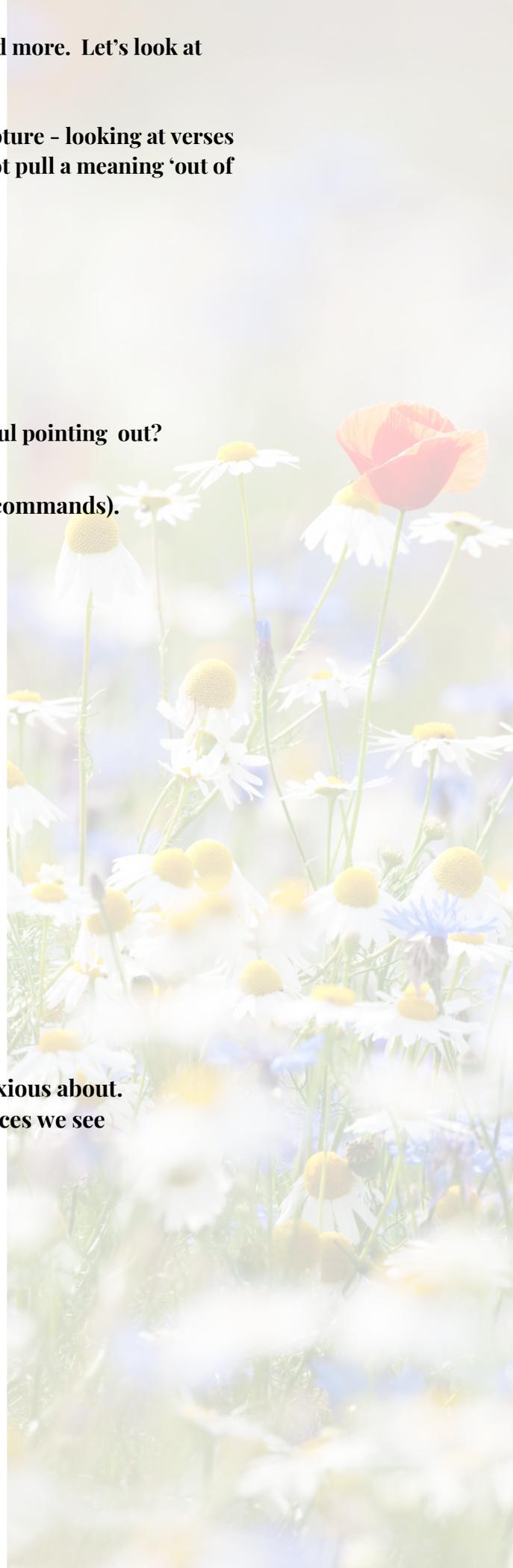
In Greek, *worry* is mer-im-nah-o; it's a verb, meaning to be anxious about.

It's used 19 times in the New Testament (NT) here are a few places we see this same word-

Matthew 6:25

Luke 10:41

1 Corinthians 12:25



Synonyms for *worry* are misery, apprehension, concern, doubt, misgiving. These give us a well-rounded definition of an activity that most of us engage in quite often. Is it a pastime for you?

I liken worry to ruminating. Have you ever seen a cow or sheep chew cud? Over and over, round and round, for hours. The same stuff, not getting any smaller but just tossed around to be tasted from every angle. Sound familiar? What are you tossing around?

God is commanding us to STOP worrying. What is accomplished by worrying?

Some antonyms for WORRY are confidence, joy, pleasure, calmness and certainty. Look up these verses for God's answer to help us combat worry:

Psalm 46:10

Proverbs 3:5-6

Isaiah 30:15 with Isaiah 32:17

_____ *quietness and confidence*

Look up Matthew 17:20. To whom is Jesus talking (see verse 19)?

And ultimately Jesus is talking to us.

WHO tells the mountain to move?

Again, WHO has the authority and power to tell the mountain to move?

WHY? (end of verse 20)

As a believer in Christ Jesus, we have been given the Holy Spirit to guide us into all TRUTH. Look up John 14:16-17. What does Jesus promise?

According to 2 Timothy 1:7 what have we been given?

God's power is amazing. Read and write out Romans 8:11 -

This same power that raised Christ Jesus from the dead is in us. Our mountain(s) of *worry* doesn't stand a chance against the mighty power of God. WE have been given the power and authority to say to our mountain(s), our troubles, our worries, "MOVE!"

They have to flee, and they will.

N_ t_ i_ g would be impossible.
Matthew 17:20

When tempted to to worry, take that thought captive to the obedience of Christ (2 Corinthians 10:5) and tell it to move. Commit verses to memory that remind you about trust, faith, hope and possibilities with God. I have included 3 memory verses at the end of this study to get you started.

I've been known to say that if you need to tell your mountain to move 20 times in a minute or even an hour, then do it. And don't give up. Jesus combatted and was victorious when tempted in the wilderness (Matthew 4:1-11) by quoting Scripture. The Word of God is our powerful tool - look up Ephesians 6:10-18. What are we to wear and what are we instructed to do?

Look up Ephesians 5:10.

By using your concordance in your Bible, do a quick search on the word *please*. What *pleases* God?



Does *worry* please the Lord?

Look up Hebrews 11:6 - based on this verse what are we told *pleases* the Lord?

Before moving on to the next imperative, take some time to evaluate your walk with God. Is worry taking over? Needing to confess and repent? Do you need Jesus to renew your faith? Ask and you will receive (John 15:7).
Look up and write out Psalm 29:2

pray

Instead we are to pray. Philippians 4:6

Read Matthew 6:5-15 and note the significant teachings of Jesus on prayer.
Note also *when* (verses 5, 6, 7) and *if* (verses 14, 15).

Here in Matthew 6 *pray* is *proseuchomai* in the present subjunctive tense in Greek which means an hypothetical action in the present or in the future (subjunctive always refers to an hypothetical event/action - if this...then that...). *Proseuchomai* is used 87 times in the NT (according to Strong's Concordance) and it means to pray to God, i.e., to supplicate, worship. Look up Matthew 26:39. WHO is praying and to WHOM?

Back in Philippians 4:6, the same root word for *pray* is used but it's a noun - *proseuche*. Blue Letter Bible (BLB) indicates it's used 37 times in the NT and it means prayer (worship), prayer addressed to God, prayed earnestly (James 5:17).

Look up Matthew 21:13 - God's house is a house of...

Luke 6:12 - Who is *praying*? For how long? And to Whom?

Acts 2:42 is a description of activities of the early church. What are those activities?

Ephesians 6:18 describes an activity that we should do once we have our armor on. What is that?

The Old Testament (OT) has many instances prayer times. Spend some time looking up these and make note of circumstances as well as answers to those prayers. For starters:

***HANNAH* - 1 Samuel 1-2:11**

***JONAH* - Jonah 2**

***ELIJAH* - 1 Kings 18**

***MOSES* - Exodus 33:7-23**

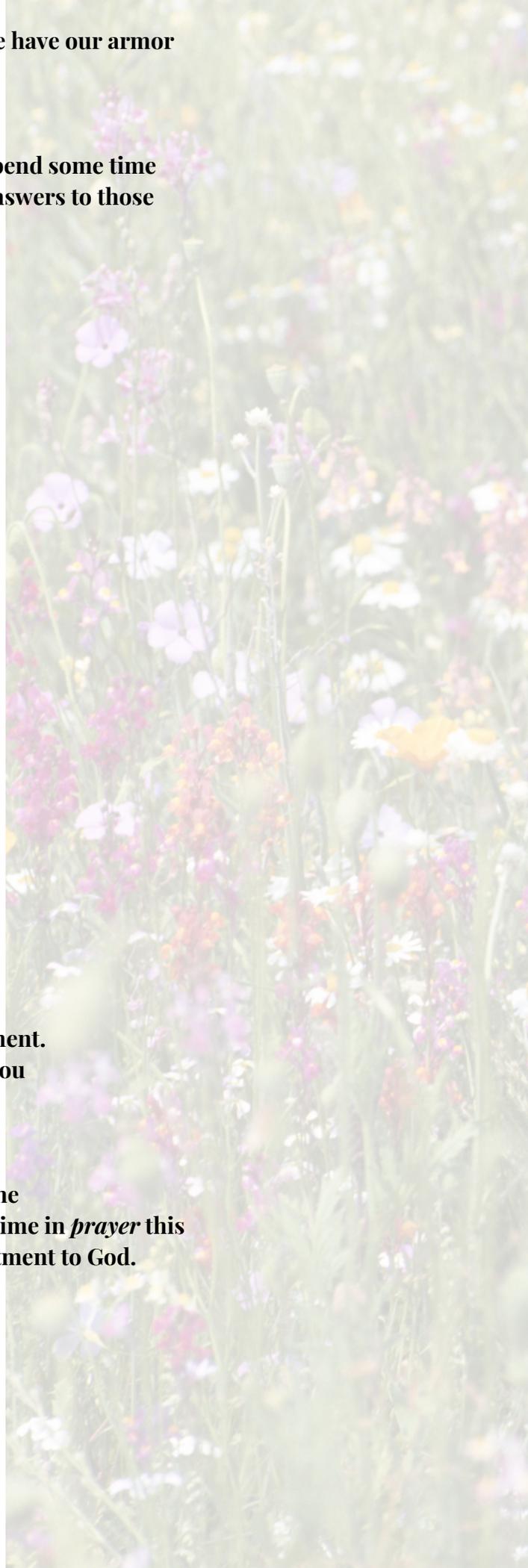
***DAVID* - many, many Psalms**

**Can you relate to any of the OT prayers warriors?
Were their prayers answered immediately? Are
you encouraged by reading these prayers as well as
God's answers?**

**Does this increase your faith not to *worry*, but
to instead *pray* (Philippians 4:6)?**

**Prayerfully choose a Psalm that describes your life at the moment.
'Read it out loud, meditate on it. Say it back to God. Why do you
identify with this Psalm?**

**Spend some time being still, praying and worshiping God in the
stillness. Close your time with a commitment to spend more time in *prayer* this
week (this month, this year). Write out your prayer of commitment to God.**



Pray as you move into this other section of the study. Reread the passage to familiarize yourself and add any additional notes to your verses.

The 3rd imperative (command) is:

This seems pretty brazen and straightforward. You may be familiar with another translation that words it: 'let your requests be made known', which is helpful when looking at the Greek: *gnoridzo*. The verb tense is present passive imperative 3rd person singular (a mouthful). Passive voice in Greek emphasizes the action and not the subject in a sentence. Imperative (as we learned earlier) tells someone else to do something.

We are instructed by the Holy Spirit to *tell* God (emphasis) - and oh, *tell* Him about your needs.

Read the parable about the persistent widow in Luke 18:1-8. WHY did Jesus tell this parable? Describe the judge. Describe the widow. Because of her persistence, WHAT did the judge do? WHAT promise did Jesus give us in verse 7?

Lest we think we cannot *tell* God what we need, or even *tell* Him everything for fear of offending Him - remember this parable was told by Jesus. He wants us to *tell; make known, and declare to God*.

Luke 2:15 - WHO is *telling* whom and WHAT is the subject?

John 15:15 - Because we are called _____ what are we being told by Jesus?

Read Ephesians 1:9 with Ephesians 3:3 - WHAT subject is Paul writing about? WHO is *telling* whom?

Gnoridzo is a strong word, but in seeing it used in these few other places gives us hope and guidance that it's ok to *tell* God what we need.

Read Matthew 6:25-33 - WHAT are we reassured of? WHAT are we to pursue instead of *worry*?

Is seeking God above *ALL* things easy?

How will it be possible? Look up and jot down how this will be possible:

John 14:16-18

John 16:13

John 17:17-19

Galatians 5:16, 25

Remember we are not alone:

Romans 8:26

Romans 8:34 with Hebrews 7:25

**Spend some time in prayer talking with God about these truths.
How can you walk now and in the future knowing you have the Holy Spirit and Jesus praying for you? Write out your prayer:**





thank

THANK HIM is imperative #4 in Philippians 4:6. What are we to *thank* Him for?

The Strong's concordance uses *thanksgiving* (KJV) giving us our Greek word *eucharisti*, a noun meaning thankfulness, the giving of thanks, grateful language to God as an act of worship.

Look up:

Psalm 30:12

Psalm 107:1

Psalm 150

Now, let's do something fun - recounting with *thankful* hearts God's answers to our prayers - our specific prayers. Stumped? Use the ABC's to get started. For example:

A - protection in the 4-car pile up accident

B - birth of healthy baby in the family

C - call from a long-lost friend

Now you try....

We've completed studying Philippians 4:6. Go back to your marked up page and add notes, additional verses to jar your memory, including synonyms, and new definitions.

Then paraphrase this verse from what you have discovered, inserting your name to make it go deep within:

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:7

Moving onto verse 7 - go back to your passage and read verse 6 *with* verse 7. Did you notice the word THEN (circled in red)?

It's cause and effect. If you do this ... then will happen. With God's Word and His promises, we have a cause and effect.

Look up 2 Corinthians 1:20 and write down the truths and promises given in this verse.

Again, what are the 4 imperatives in Philippians 4:6?

#1

#2

#3

#4

WHAT is the *effect* of us following these commands as we then live in Christ?

Let's explore EXPERIENCE. Look it up in the dictionary in the verb form:

The Webster 1828 dictionary defines it as - to try by use, by suffering, or by enjoyment. To know by practice or by a series of observation.

Which of these definitions resonate with you or give you pause?

Philippians 4:7

And the peace of God which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

And - kai in Greek and can mean: and, also, even, indeed, but and more. It's a conjunction word meaning it joins two thoughts/truths together.

Shall keep - proureo in Greek and it is an active, future, indicative verb. According to Strong's concordance it's only used 4 times in the NT and it means: to be a watcher in advance i.e., to mount guard as a sentinel (post signs at gates), figuratively to hem in, protect.

One place this word is found -

1 Peter 1:5

Passeth - uperexousa in Greek, showing up 5 times in the NT. It's an active verb participle meaning (according to Strong's) to hold oneself above (figuratively) to excel superior, superiority. Paul uses this word elsewhere in Philippians 2:3 - (go ahead and look it up and write it out).

Peace - eirene in Greek and used 92 times, so pretty common, which tells us God wants us to EXPERIENCE His peace. This word means peace, both literally and figuratively and by implication prosperity. Whether national, individual; security, safety, felicity, quietness.

peace

WHO's peace is guarding our hearts and minds?

WHAT is *peace* in the Old Testament?

Look up Leviticus 7:12-15. WHAT is being described? In the NLT translation this passage describes a peace offering of thanksgiving and was presented as an expression of thanks to the LORD.

Look up Jeremiah 33:9. WHAT is being described and WHO's peace is it?

Look up these Psalms and mark down key phrases about *peace*:

Psalm 29:11

Psalm 37:11

Psalm 109:1 KJV

Psalm 119:165

In the New Testament (NT), *peace* is written about in various places starting with a very familiar verse - Luke 2:14. What did the angel say?

What does Jesus promise in John 14:27 and then in John 16:33?

***Understanding* - nous is a Greek noun used 24 times in the NT? It means the intellect, i.e., the mind and understanding.**

Look up *understanding* in the dictionary. Also look up *mind*.

In Luke 24:45 WHO opens our *understanding*? And then guards it (Philippians 4:7)?

2 Timothy 1:7 to further adds weight to what we are given by the Spirit:

Also Ephesians 4:23

God protects our hearts and minds. What does Psalm 51:10 say?

God gives us a sound mind and heart, and according to Paul, can we trust Him with these? See 2 Timothy 1:12.

The Shema is Hebrew for a very foundational passage in Deuteronomy 6:4-9 about keeping God's commands. Are we to love God with our hearts and minds?

God protects that which is for Him.

Write out Exodus 14:14.

The New King James Version has it: The LORD will fight for you and you shall hold your peace.

"Jesus is fighting for you. He gives you peace you can hold onto while He seeks out the enemy on your behalf. But it's Your choice to stay at peace while He fights for you" ([in]courage blog, July 6 2022, [What We Really Want Is Peace In The Middle](#), by Stephanie Bryant).

Proverbs 3:1-2

Jeremiah 7:23

Romans 5:1

1 Thessalonians 5:23

2 Thessalonians 3:16

Psalm 23:2

For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be

called:
Wonderful Counselor
Mighty God
Everlasting Father
Prince of Peace

Isaiah 9:6 NLT

Do an acrostic for *peace*

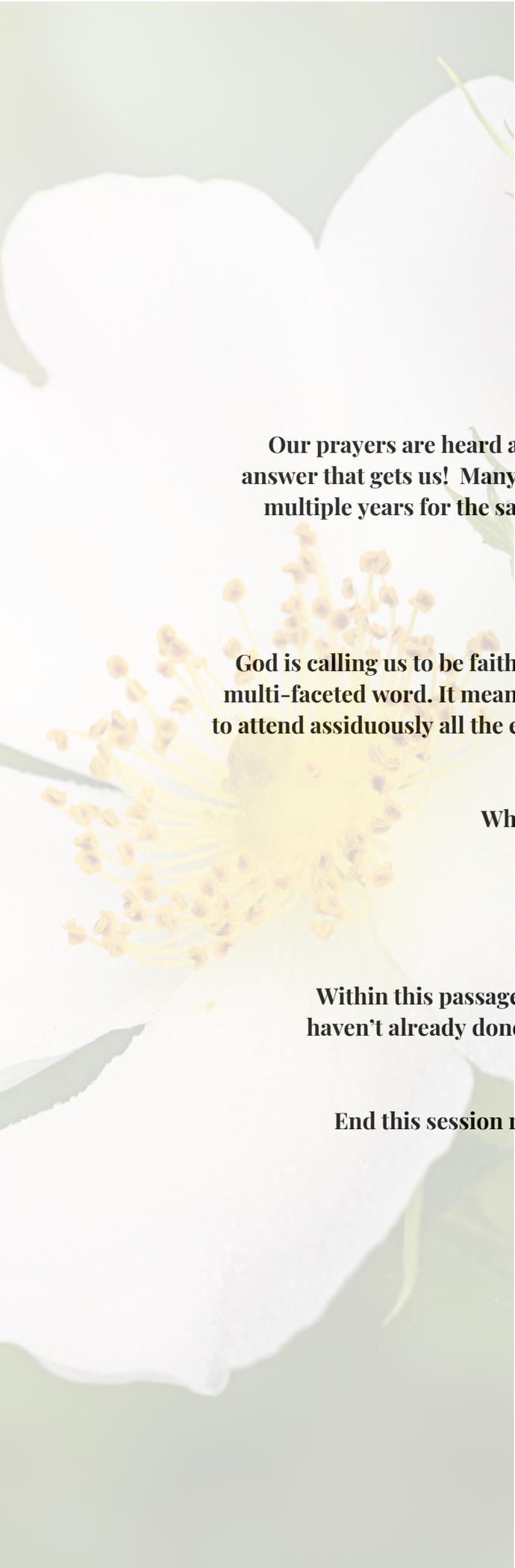
As we studied earlier, these 2 verses in Philippians 4 have an if-then clause (pray-then). Can you see the benefit that comes from living this way? Have you experienced God's *peace* that exceeds anything?

Spend some time with God in your prayer closet at the throne room meditating on God's *peace*. Is there a lack? Talk about that with Him. Open your heart to hear His voice. Listen, worship, confess, obey. Use this time to seek and find God's *peace*. How can this time point you to the Prince of Peace?

Throughout Scripture we are assured that God hears our prayers:

2 Chronicles 30:27

1 Kings 9:3



Psalm 6:9

Psalm 65:2

Luke 1:13

Acts 10:31

James 5:16

Our prayers are heard and heard instantly. It's the waiting - the enduring wait for an answer that gets us! Many saints in the Old and New Testaments prayed multiple times, multiple years for the same thing. A quick perusal in Scripture shows us that (Joseph, Hannah, Elizabeth, Simeon, David)

Read Romans 12:11 -

God is calling us to be faithful in prayer. The Greek for *faithful* is *proskartereo* and it's a multi-faceted word. It means - to be earnest towards, to persevere, be constantly diligent, to attend assiduously all the exercises, to adhere closely. In today's vernacular, it would be 'to stick like glue.'

What instructions does Jesus give us in Matthew 6:5-15 on prayer?

Within this passage is what is commonly referred to as The Lord's Prayer. If you haven't already done so I encourage you to memorize it. One of the memory cards is just that, to help!

End this session reciting The Lord's Prayer, using personal pronouns and your name to make it even more personal.

What did God reveal to you as you spent time in prayer?

In review of Philippians, we are told God guards our hearts and minds. Paul wrote about our minds quite often in 2 Corinthians. See what he says (through the Holy Spirit) in 3:14 and 10:5.

In today's postmodern society, there is such a struggle with mental health (or maybe it was not talked about openly by our parents and grandparents). How can we keep our focus with a healthy mind? Remember our previous verses - Philippians 4:6-7 and 2 Timothy 1:7?

How about these:
Matthew 5:8

Luke 12:34

John 14:1

John 14:27

Philippians 4:7 and John 14:27 are good bookends to understanding and living for Christ. Compare and contrast these 2 verses.

John 14:27

Philippian 4:7

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Conclusion

In Philippians 4:7 we are told that God guards our hearts *through* Christ. *Through* is a preposition with many different uses. Think of it this way:

NOUN

A preposition is anything you can do with this box (noun) - in, beside, on, with, etc.

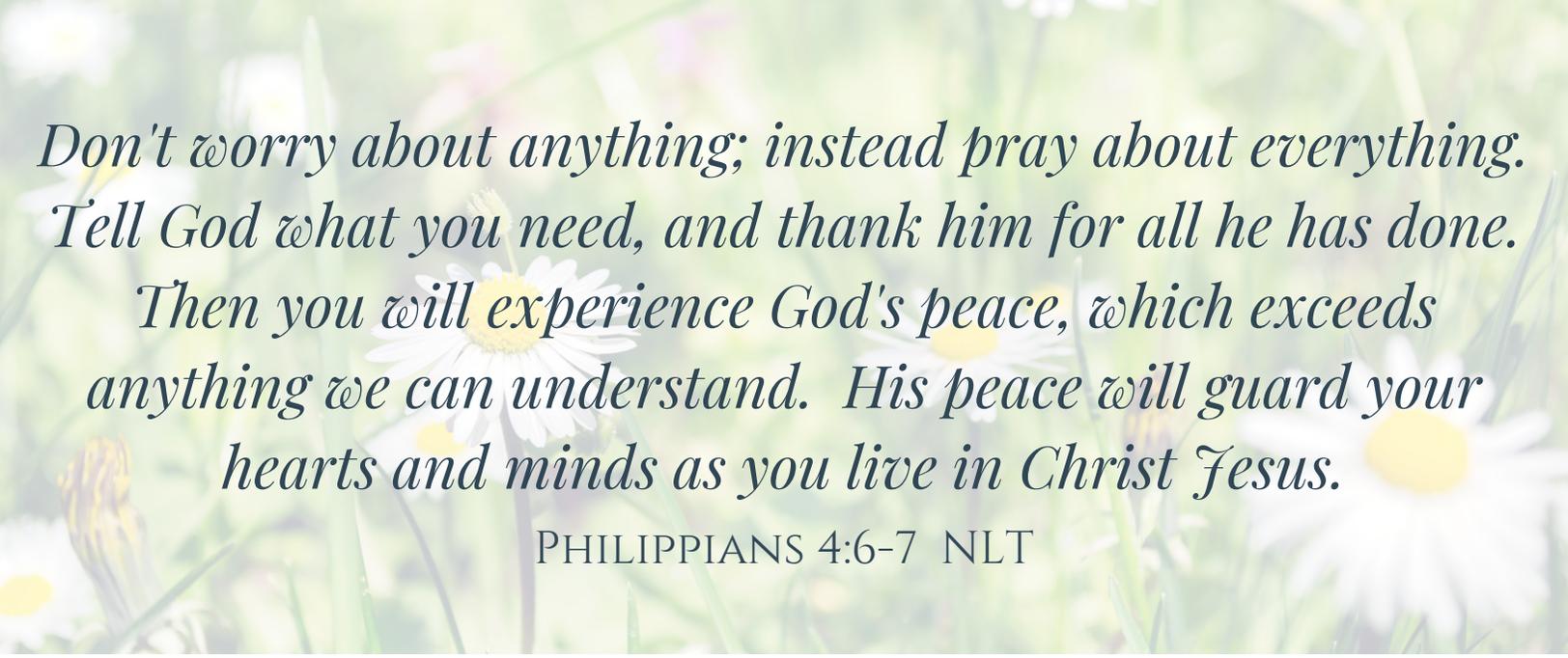
Living *with* Christ, our lives are guarded. *Beside* Him, we have His peace. *In* Him we experience His perfect love. *Under* His wings we need not worry because He is our shelter.

Is there a worry you are finally ready to lay in the hands of Jesus? Maybe more than one. Can you pray instead? Are you willing to thank Him now even without an answer in the horizon? Let God know your answer. Be still, here in this moment - wait until you experience God's peace.

(Jesus said,) "I am praying not only for those disciples but also for all who will ever believe in Me through their message."

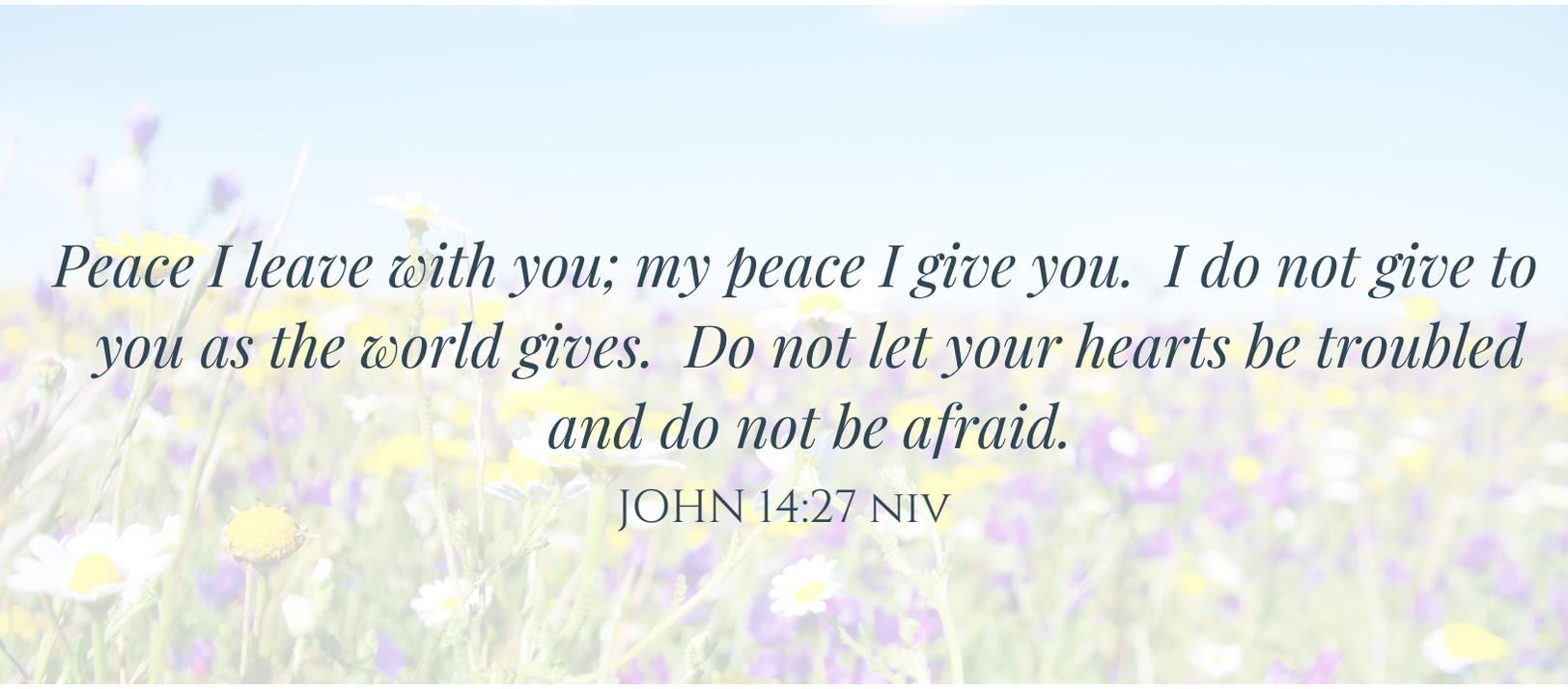
John 17:20
NLT

And this is the way to have eternal life - to know You, the only true God, and Jesus Christ, the One You sent to earth
John 17:3 NLT



Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

PHILIPPIANS 4:6-7 NLT



Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

JOHN 14:27 NIV

"This then is how you should pray:"

'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' (For thine is the kingdom and the power and the glory forever. Amen)

MATTHEW 6:9-13 NIV

