

BIBLE STUDY

Philippians 4

FINDING PEACE
in Every Circumstance

Philippians 4:6-7 (NKJV)

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.



Be Still
and Know
that I am God.
PSALM 46:10



JOURNEYS OF WOMEN
— MINISTRIES —

BIBLE STUDY
Philippians 4
Finding Peace in Every Circumstance

Key Scripture:

Philippians 4:6–7 (NKJV)

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Chapter Overview:

Philippians 4 is a powerful reminder that true peace is not found in perfect circumstances but in a personal relationship with Jesus Christ. The Apostle Paul encourages believers to replace anxiety with prayer, fill their minds with what is true and honorable, learn contentment in every season of life, and rely on Christ for strength. Whether facing abundance or hardship, God's peace is available to those who trust Him.

What This Chapter Teaches:

1. Joy Is a Choice

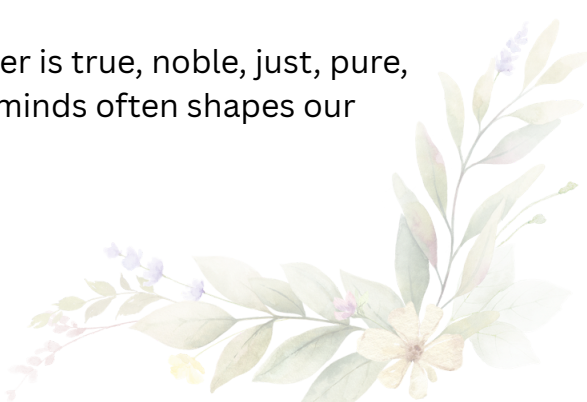
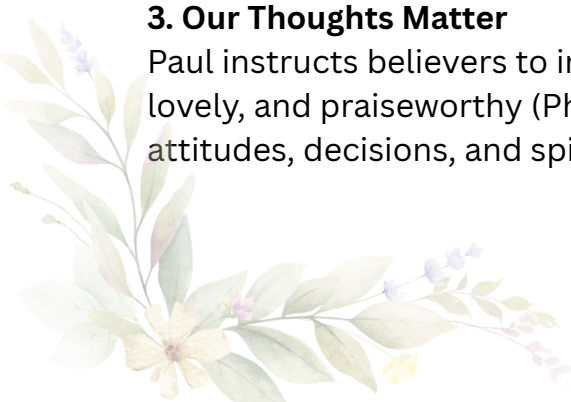
Paul encourages believers to "Rejoice in the Lord always" (Philippians 4:4). Christian joy is not based on favorable circumstances but on the unchanging character of God. Even during hardship, we can rejoice because Christ remains faithful.

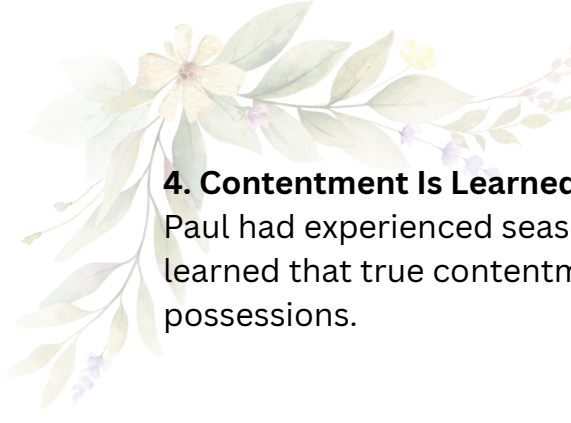
2. Prayer Replaces Worry

Instead of allowing anxiety to consume us, Paul teaches us to bring every concern before God. Prayer is an act of surrender that reminds us we are not carrying life's burdens alone.

3. Our Thoughts Matter

Paul instructs believers to intentionally focus on whatever is true, noble, just, pure, lovely, and praiseworthy (Philippians 4:8). What fills our minds often shapes our attitudes, decisions, and spiritual growth.





4. Contentment Is Learned

Paul had experienced seasons of abundance and seasons of need. Through both, he learned that true contentment comes from Christ rather than circumstances or possessions.

5. Christ Is Our Strength

One of the most well-known verses in Scripture reminds us that our ability to endure life's challenges comes from Christ's strength—not our own.

Key Truths:

- Choose joy even during difficult circumstances.
- Replace worry with prayer and thanksgiving.
- Guard your thoughts by focusing on God's truth.
- Learn contentment whether life is easy or challenging.
- Rely on Christ's strength instead of your own.

Life Application:

What area of your life is causing you anxiety today? Instead of carrying that burden alone, bring it to God in prayer. Choose to focus on His promises rather than your fears, trusting that His peace will guard your heart and mind. Remember that your strength comes from Christ, who is faithful in every season.

Prayer:

Heavenly Father, thank You for reminding me that I do not have to carry my worries alone. Help me to bring every concern to You in prayer with a thankful heart. Fill my mind with what is true, pure, and worthy of praise, and teach me to be content in every circumstance. Strengthen me through Christ and surround me with Your peace that surpasses all understanding. **In Jesus' name, Amen.**

Memory Verse

Philippians 4:13 (NKJV)

"I can do all things through Christ who strengthens me."

