



BOOK OF PHILIPPIANS

WEEK 4- DAY 4

PHILIPPIANS 4:6-7

NEW LIVING TRANSLATION (NLT)

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

7 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.

DAY 4 REFLECTION QUESTIONS FOR VERSES 6-7

1. What are we supposed to worry about (vs. 6)? What do we worry about?
2. What action is the antithesis of worry and anxiety (vs. 6)? Why do you think we are supposed to couple our requests to God with the giving of thanks to Him as well? Is this a formula to get what we want?
3. Can you experience peace that your mind doesn't comprehend?