



Family Discipleship Resource

Paul was a man who loved God and believed that Jesus came to save sinners. He wrote a lot of books that are in the New Testament. One of these is the book of Phillipians, which is a letter to the church in a city called Philippi. Paul wrote this letter to encourage the people in the city to live like children of God. God's children know God, love God, trust God and obey God. Paul reminds God's children that in every circumstance—good, bad, scary and sad—we can trust God who is peace and gives peace.

Key Point: God Is Peace and Gives Peace

Repeat the Key Point several times together as a family. Have everyone pick one way to say the Key Point (rap it, in an accent, quietly, loudly, while dancing, etc.).

Read & Discuss

As a family open your Bibles to **Phillipians 4:4-7** and read it out loud. Help everyone in the family find the verse and read along.

1. What foundational truths or attributes of God do you think of when you read this?
Foundational Truths: God is in charge of everything, God is good
Attributes: Sovereign, Almighty
2. What is the first thing God commands (tells) His children to do (verse 4)?
Rejoice (in the Lord)!
3. How often are we supposed to rejoice?
Always! In the Lord! All the time!
4. The second thing God commands (tells) His children to do is in verse 5.
Replace the word "reasonableness" with "kindness" and read the verse out loud again.
5. How can you rejoice and be kind even when things are scary or hard?
Let each family member give a suggestion. Examples: being grateful for the things we do have, being grateful for the extra time together, trying to love one another even when it is hard, serving others in your family and others in the community who don't have what they need, being grateful for the promise of God to give peace



6. What is the last thing God commands (tells) His children to do (verse 6)?

Do not be anxious (or do not be afraid)

7. Why don't we have to fear?

Because God is peace and gives peace. No matter what is going on—Coronavirus, missing friends, feeling sick—God is peace and gives peace. He is always good all of the time. Even when we don't understand, we can trust God. God is for us, loves us, is always with us and has given us our greatest need, Jesus.

8. What are you anxious or afraid about right now?

9. If we are afraid, what should we do? Read verse 6 again.

Pray to God! God wants to talk with us! God cares about our hearts. We can tell God the truth about our hearts and trust that He will give peace! God's peace is so strong, so amazing and way better than we could ever imagine. Spend time praying for the things that are causing anxiety.

God is peace and gives peace. Even when things are scary, sad, different and hard, we can trust God. God tells His children to rejoice, be kind and talk with Him. God will use these things to remind those who love and trust Him that He is peace and gives peace.

Family Challenge:

Somewhere in your home write the words “rejoice,” “be kind” and “talk with God.” Get creative with how and where you display these words. As you go throughout the week, keep a list of things you rejoice in (or are grateful for), ways that you can be kind and show kindness to one another and to others, and write down or draw anything that makes you anxious and turn it into prayer requests. At the end of the week, talk about how doing these things reminded you that God is peace and gives peace.

Parents of Preschoolers:

If your kids are preschool-age and younger, read the Scripture and Key Point over your children. God's Word does not return void! It is good to begin the rhythm of reading Scripture in your home even before they fully understand it. Then condense or skip the discussion questions and focus on the Family Challenge. God tells us to rejoice, be kind and pray. Teach your kids motions for rejoice (say “Yay!” And clap your hands), be kind (blow a kiss or give a hug) and talk with God (put your hands together in a “prayer” position).