



“

THE LORD IS AT HAND; DO NOT BE ANXIOUS
ABOUT ANYTHING, BUT IN EVERYTHING
BY PRAYER AND SUPPLICATION WITH
THANKSGIVING LET YOUR REQUESTS BE
MADE KNOWN TO GOD.

PHILIPPIANS 4:5-6

”



CITIZENS CHURCH



BEGIN YOUR TIME WITH SILENCE AND PRAYER

Invite the Holy Spirit to lead and guide your time together. Then spend a few minutes in silence. Why silence, even while together? Because it's hard at times to hear the voice of God, and the voices of our brothers and sisters. As we gather together, we want to hear what the Father is saying to and through each of us, and respond in turn.

CLOSE THIS TIME BY READING THE FOLLOWING PRAYER ALOUD

Father, may the peace of Christ rule in our hearts as we spend time talking with one another, since as members of one body, You have called us to peace and to be thankful. Our hearts rejoice in You and Your unchanging character. You are transcendent, attentive, generous, just, holy, wise, merciful, righteous, compassionate, good, sovereign and so much more. You are our refuge, our Most High God, and our bridegroom. You are before all things and in You all things hold together. Thank you that the peace of God will protect our hearts, today and forever. We praise You in Christ's name. Amen.

BRIEFLY REFLECT

If you were to collect your thoughts from the last week, what theme was on repeat? What occupied your mind the most?

ASK A FAMILY MEMBER OR FRIEND TO READ PHILIPPIANS 4:4-7 ALOUD

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, 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 your minds in Christ Jesus.

DISCUSS THESE QUESTIONS TOGETHER

- In what specifically is Paul commanding us to rejoice?
- What does it mean to rejoice in the Lord?
- How often are we supposed to rejoice? Is it possible to do this even in hard times?
- In verses 5-6, why do you think Paul is correlating our reasonableness (also can be translated as kindness or gentleness), not being anxious about anything, and talking with God?
- Paul uses three different words to describe prayer: supplication, request and prayer. Do these words have different meanings? Look up the definitions in a dictionary and discuss each word.
- How does prayer bring peace?
- When you feel worried or sad, what do you do to feel better? What would it look like for you to rejoice like Paul is describing?
- What does your heart and mind need to be guarded or protected from today? What concerns do you have right now? Share them with those at home or with a friend over the phone and with the Lord.

BE ENCOURAGED

When things are unknown, different and hard, God is the same. We can trust Him. God wants His children to rejoice, be kind and talk with Him. May we remind each other often this week that He is peace and gives peace.

PRACTICES FOR THE WEEK AHEAD

Rejoice. Be kind. Talk with God.

CONSIDER READING THESE ADDITIONAL RESOURCES

COLOSSIANS 3

SET YOUR HEART FOR THE DAY:PRAY

SPIRITUAL RHYTHMS

LITURGIES



NOTES

