



**Title: The Path to Peace**

**Text: Philippians 4:4-7**

1. Always Rejoice (4)

2. Be Reasonable (5)

3. Replace Anxiety with Prayer (6)

4. The Result (7)

### Life Application Questions:

1. What does it mean to “rejoice in the Lord always,” and how is this different from being happy about your circumstances?

2. Verse 5 calls us to let our “reasonableness” (gentleness) be known to everyone. How does this quality show up in your relationships—with friends, family, or even strangers? Why might this trait be particularly important in times of stress or conflict?

3. In verse 6, Paul tells us not to be anxious about anything. What kinds of things make you anxious most often, and how do you usually respond? How can prayer, supplication, and thanksgiving begin to reshape your response to anxiety?

4. Unlike the world, believers can experience lasting peace due to their position in Christ and their future security and glory to be revealed in eternity. How have you ever experienced the “*peace of God which surpasses all understanding*”? What did it feel like, and what brought it about?