REFRAMED – WEEK 5 GROUP GUIDE

REFRAMED JOY AND PEACE

MESSAGE RECAP

Paul finishes the letter to the Philippians with one of the most practical passages in the entire Bible. Writing from prison after years of uncertainty, Paul speaks directly to the reality of anxiety, worry, and the "what if" questions that can take over our minds. Instead of ignoring those struggles, Paul gives a new framework for how followers of Jesus can face them. He reminds us that joy and peace are not dependent on our circumstances but on our relationship with Christ.

GROUP DISCUSSION

1. What is one small thing that brought you joy this week?
2. **Rejoice and Repeat:** Read Philippians 4:4 twice**.**
    a. Why do you think Paul repeats the word rejoice twice here? See if anyone can find one of the other 14 times, he used the word joy or rejoice in Philippians.
    b. What difference does gratitude make in shaping how we see our circumstances?
3. **Reframe Anxiety with Prayer:** Read Philippians 4:5-7
    a. What do you think it means that God's peace will guard your heart and mind?
    b. Have you ever experienced this in your own life?
4. **Replace Trash with Truth:** Read Philippians 4:8-9
    a. Why do you think Paul places such a strong emphasis on what we think about?
    b. What voices or habits today tend to fill our minds with anxiety, comparison, or fear?
5. Is God calling you to an action step going forward (i.e., remove an app, start reading a book of the bible, prayer, 4x4 rejoicing etc.)?

End your group time in prayer.