

THIS IS LIVING

Suprarational Peace

A peaceful life feels elusive. Problems at home, pressures at work, and troubles in the world fuel our anxiety. Yet Paul, writing from prison, shows us how to find true, supernatural peace in any circumstance.

Discussion Questions

1. They say, “You can never be too prepared.” When have you overprepared for a trip, event, or meeting— and found that it made all the difference?
2. Samer mentioned many peace-stealers: family, work, news, comparison, social media, health issues. Which one or two are causing you the most stress right now?
3. Read Philippians 4:4. The word in means “to be near, surrounded by.” How close to the Lord do you feel? Do you feel surrounded by him all the time? Sometimes? Never? What changes your feeling of nearness to God?
4. Read Philippians 4:6. What does Paul say we can do to draw near to God to feel peace?
5. Studies show people experience greater peace when they practice gratitude. For Christians, remembering God’s provision strengthens their faith. If you have an example, share with your group a time when God provided for you personally.
6. Read Philippians 4:8-9. What is one thing you can do this week to “think on” things that Paul would consider pure, lovely, and excellent?

Changing Your Mind

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” **Philippians 4:8–9**