

Philippians - Core Help 3:15-4:9

Goals: The goal of this study is to help your Core group keep getting to know each other, but also to talk through worries Core members have in their lives right now and spend some time in prayer and worship together.

Openers:

- What kinds of things, from now or in the past, make you anxious or worry?
- How do you usually deal with anxiety? What works well for you?

Scripture: The Scripture we're gonna look at continues in Paul's encouragement for people to press on and follow others' example and allow Christ to transform us. We'll read the whole section to continue in the context of the letter, but we'll mostly be focusing on the last few verses.

Read Philippians 3:15-4:9

Observations:

- Citizenship was a huge deal in the Roman world, giving people their national identity, prestige and wealth, and Philippi was a Roman Colony with the strong pride in Roman citizenship running through it. Looking at verses 17-21, by Paul saying our "citizenship is in heaven" is actually asking them to give up their identification as Roman citizens which is asking a lot. What do you think it would mean to have citizenship in Heaven be their focus rather than focusing on earthly things?

Interpretations:

- How does this perspective on citizenship Paul gives effect our worry and anxiety (4:6)? What is helpful about his perspective?
- What about the Philippian's situation made Paul need to remind them to keep on rejoicing? What are some things that get in the way for us rejoicing always?

Applications:

- Paul says the antidote to worry and anxiety is to "by prayer and petition, with thanksgiving, present your requests to God," so we want to do that as a group.
- Spend a good amount of time just on prayers of thanksgiving simply thanking God for all that we can in our various situations..
- After a time of prayers of thanks, invite Core members to share something they are particularly anxious about right now and have the rest of Core pray for them.
- **Take home idea:** Have Core members pick a verse in Philippians that speaks to their worries and anxieties, and have them write it down and place it in a spot they'll see frequently throughout their week.