



Not to Worry Week 4 – The Myth of Once and For All Spiritual Formation & Discussion Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Scripture:

"Always be full of joy in the Lord. I say it again—rejoice!⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

¹⁰ How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. ¹¹ Not that I was ever in need, for I have learned how to be content with whatever I have. ¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³ For I can do everything through Christ, who gives me strength. ¹⁴ Even so, you have done well to share with me in my present difficulty."

Philippians 4:4-13

Reflection Questions:

- When was a time that you experienced peace? What did it feel like? Is there an image or a person or a situation that comes to mind when you think about peace?
- What stood out to you from Sunday's service? How did you sense God encouraging and challenging you through the songs, the message, and being with others as part of the church? (The message's main points and scripture are listed below if it helps you think back.)

- Today's message focuses on the ongoing nature of worry – that we will continue to struggle with it throughout our lives. Have you observed that? How so?
- Take some time to read through the passage in Philippians from chapter 4. (If you're able, read the whole chapter; it adds some of the personal context from Paul and the specific people he is writing to.) You may have read these verses before, but what stands out to you as you read these words today?
- Eddie spent time defining and digging into the resource we need the most: PEACE (“the peace that passes understanding”).
 - Peace is the absence of anxiety (instead of letting anxiety tear you to pieces)
 - Peace is inner calm in the chaos (strength, balance)
 - Peace is a protective force when attacked

Have you ever observed or experienced this kind of peace? Is there anything in these descriptions of peace that you especially need today?

- Eddie shared, reflecting on verse 11, “if you are an anxious, fretful personality, **you can learn the inner calm the Apostle Paul learned.** And you don't have to teach it to yourself. In Galatians 5, Paul said peace is a by-product of the Holy Spirit in our lives. So the more you absorb the Bible, the more you display peace in times of chaos.” How do you react to the possibility of learning how to be at peace?
- Read these words from Eddie's message: “verse 7 describes these moments with these words: **Then you will experience God's peace, which exceeds anything we can understand.** We can't fully explain it or understand it because it's not something we do or don't do. It's something God does. **It is a force that he adds to the equation – and it can turn tragedies into thanksgiving services.** This is God's supernatural gift of peace to people whom we might expect to be inconsolable.” How does your perspective on peace change when you consider that it is beyond understanding and that it is a gift from God?
- Eddie highlighted several ways from Scripture to increase our peace:
 - Master our thoughts – Philippians 4:8
 - Major in gratitude – Philippians 4:6

Which of those comes most naturally to you? Which do you struggle with?

- “It is dangerous to possess more than you are certain you can live without.” Are there any things in your life that you can't live without? Take a moment to talk to God about those things. Then, ask Jesus to give you strength to choose him over anything that competes for him.
- Is there anything else from this teaching that you want to explore more?
- Take time to pray as you close your reflection or discussion, asking God to help you act on what he has asked you to do.

Looking for ways to grow spiritually?

We have a new resource, the **Write it Down Journal**, which you can get at our Next Steps Area for a suggested donation of \$3 or access online at <https://www.wschurch.org/content/pdf/SpiritualJournal.pdf>. Writing things down is a simple spiritual practice that helps us pay attention to God and what he is teaching us.

Visit www.wschurch.org/resources to see additional tools and resources.

Message Main Points and Scripture:

- (Pray for Etienne and Laurence Koning, missionaries and church planters in Paris, France)
- **We cannot offload our worries once and for all.**
- Philippians 4:4-7 – “Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you

need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

- **the resource we most need is God's peace**
- **peace is the absence of anxiety**
- **peace is inner calm in the chaos**
- verse 11, "I have learned how to be content with whatever I have"
- **peace is a protective force when attacked**
- verse 7 - Then you will experience God's peace, which exceeds anything we can understand.
- **master our thoughts**
- Philippians 4:8 – "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."
- **major in gratitude**
- Psalm 34:19 – "The righteous person faces many troubles... "
- Philippians 4:6 – "Tell God what you need, and thank him for all he has done."
- **If you knew everything God already knows – you'd be thankful.**
- Philippians 4:12 – "I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength."
- **it is dangerous to possess more than you are certain you can live without**
- **Jesus will give you the strength to choose him over anything in your life that competes with him**