



Homegroup Questions
Sunday 17th March 2024
Sermon Series Running Deep
Taming the Mind. Philippians 4:4-9

Read the passage.

1. When do you find it hard to rejoice? Is this connected to worry?
2. 'The Lord is near' (v.5) – how is this a motivation to rejoicing, gentleness and prayer?
3. Pray more, worry less seems to be the general principle at work in v6-7. What role does thanksgiving play in the midst of this?
4. To what extent have you found this principle (pray more, worry less) to be true in your own life? In what ways have you experienced the peace of God which transcends understanding?
5. What do we do about times when we are mentally unwell or no amount of praying seems to bring peace?
6. Vv.8-9 is about 'feeding your mind the good stuff'. How intentional are you about what you consume via your phone, the computer, your books, etc.?
7. How much do you feed your mind the Word of God? Share ways to encourage each other in this practice.
8. V.9 reminds us we must 'put into practice' that which we read in the bible. Take time to think of something you've learned/realised/seen recently in Scripture (perhaps through a podcast, or a book, a bible study, or sermon...) which you have/now need to put into practice in some concrete way. Where appropriate, why not share some of these with one another and agree to hold one another accountable to this change in your lives.

Pray!