

Name: _____



JOY

Philippians

Weeks 13-16

4G Series - 2023 - cbcfamily.net/4g
Calvary Baptist Church
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Introduction to the *Joy* series.

One of the unmistakable signs of the presence of God in someone's life is Joy. So, a gloomy Christian is a contradiction in terms. Christians should be people of joy. A joyful Christian is a good representative of the good news, the gospel to a world that is often joyless.

Are we the kind of church that brings joy to people here inside our church? Are we the type of church that brings joy to those in our community on the outside of our church? Both are good questions to ask.

Philip Cole
Smithville Campus Pastor

Introduction To The 4G Guide

GATHER – GOD – GROUP – GIVE

It's important that we *GATHER* each week as a church family. Still, God wants us to take what He's teaching and apply it to our daily lives. This is the heart of the 4G Guides. These guides are written to encourage you in your personal *GOD TIME* and in your small *GROUPS*. They are designed to help you understand what God is teaching and apply it to your life. This understanding through application enables you to take what you are learning and *GIVE* it to others.

Unless otherwise indicated, all Scripture references are from the *Christian Standard Bible* (CSB Text Edition: 2020).



USING THE 4G GUIDE

Each week is divided into four sections:



Gathering Time

On Sunday mornings we gather to worship, hear God's message, and be challenged to apply His word. You'll find the weekly Gathering Time sermon outlines and notes sections in this booklet.

If you need to join us online, go to cbcfamily.net and click "Watch Live"



Group Time

We learn from one another! 4G Groups meet to dig deeper into the weekly material. Group Time outlines are simple enough for anyone to facilitate. In addition, short videos and other helpful resources are posted often on our 4G webpage.



God Times

Personal worship is vital to the Christian walk, so we've provided five daily devotionals for each weekly topic. This is your time to meet with God one-on-one in a guided devotional format. Once your God Time is finished, pray, seeking direction for the day.



Family Time

Family worship glorifies God. To help, we have created simple Family Time devotionals. In addition, to help get the conversations flowing, video or story guide links will be posted on our 4G webpage.

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Gathering Time (Sermon Outline)

Gathering Notes

Date: _____

Philippians 4:6-7

_____ The Problem of _____.

Philippians 4:6-7

_____ Have A _____ Mind.

Matthew 6:25-27

Philippians 4:6

Have A _____ Focus On _____.

Philippians 4:6

Philippians 4:6-7

Having Peace with God
Brings the Peace of God



Series of horizontal lines for taking notes.

Solve, Anxiety / Don't, Divided / Singular, God



Group Time

LOOK BACK:

1. Each participant shares one praise and one prayer request. (Commit these to prayer for the coming week.)

2.

ENCOURAGEMENT 1-on-1 (See last page for directions)			
Y / N	Y / N	_____	
_____	_____		

3. Review last week's lesson.



What did you stop or start doing to pursue, to press on with focus and commitment in your relationship with Jesus?



LOOK UP:

Question: What is the most famous quote attributed to Alfred E. Newman? Bonus: Who is Alfred E. Newman?

1. Review your Gathering Time sermon notes.
2. **Context:** In his letter to the Philippians, Paul is thankful for them keeping the main-thing-the-main-thing and encourages them to keep it so, even when faced with outside persecution and inside squabbles. In verse 1, he charges them to *“stand firm in the Lord.”* In verses 2 and 3, he calls upon two women to put away their differences and continue to *“contend for the gospel.”* In verses 4 and 5, he calls for their rejoicing and gracious attitudes to be so prevalent that everyone will know, *“The Lord is near.”*

In verses 6 and 7, Paul addresses worry. Worry can be the big stopper of all good attitudes. Paul doesn't want them to be seen as thankless worriers. Their prayers and petitions can't be ones of *“God, why won't you do, or don't you know?”* Keeping our worries at bay, we focus our prayers and petitions, even personal ones, on His will and desires – with thanksgiving! He will then give us peace of heart and mind.

3. Discussion: Read Philippians 4:6-7.

⁶ Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Verse 6:

- *“Don't worry about anything,”* is a bit flippant when not in context with the rest of the verse. So, let's concentrate on the *“but in everything...”* part. What does *“but in everything”* mean?
- It doesn't say, *“your prayer,”* it says *“through your prayer and petition...”* How does the word *“through”* affect things?
- Why do you think prayer and petition are singular?

Discuss this: The requests are the things; the prayer and petition are the attitudes. Paul has been all about attitude in this letter.

- What kind of attitude, or state of mind, do you think of when you hear *“prayer and petition?”*
- What does *“with thanksgiving”* mean?

Verse 7:

- What is the payoff when our attitude is right?



LOOK FORWARD: Application

Point: *When we focus on God, with thanksgiving, He will give us a peace we can't comprehend.*

- What would to *“present your requests to God”* in an attitude of *“prayer and petition, with thanksgiving”* look like for you?
- Sincerely give it a try this week.

God Time Day 1: The Problem of Anxiety

 The struggle of anxiety is something that is more forefront than ever before in history, largely due to an increased awareness of mental health issues. Strangely enough, these are not recent developments. The idea of anxiety was even addressed in Scripture.

 Read Philippians 4:6-7.
⁶ *Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.* ⁷ *And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

 Circle the word "worry" in verse 6.

Some translations might use the word "anxious" instead of "worry," but the idea is the same.

Now read Matthew 6:25.

"Therefore I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing?"

 Again, circle the word "worry" in verse 25.

We can read these words in Scripture and often think, "Easier said than done." We tend to think that living without anxiety is impossible because:

1. We lack a Biblical understanding of what is meant by "worry/anxiety."
2. We assume that we need to accomplish the goal of a worry-free life through our own will and effort.

As we dig into Scripture, we will address these struggles.

 This week, take some time to reflect on the sources of anxiety in your life. What are things that cause you anxiety?

Pray and ask God to help you find peace during this week.

God Time Day 2: Understanding Fear and Anxiety

There is a difference between experiencing fear and anxiety versus struggling with fear and anxiety.

 Go back and read Philippians 4:6 from Day 1.

Underline the phrase "Present your requests to God."

Fear can be good when it stops us from doing stupid or dangerous things. Many people have a fear of heights, and that fear is based on the reality that falling from a significant height will result in injury or death. When Paul says, "Don't worry about anything," he is not suggesting we live our lives in an apathetic or flippant manner. On the contrary, the fact that we are instructed to "present your requests to God" means that we must have an awareness and concern for what's going on around us.



We will explore this further, but in the meantime, ask yourself: what is the difference between healthy concern and unhealthy worry?

God Time Day 3: A Divided Mind

 Anxiety is a physical, biological response to fear. The feeling of anxiety and fear has kept people alive for centuries, which is why God designed us to have it.

When Paul uses the word "worry" or "anxiety" (depending on your translation) the word he is using describes a mind that is divided, torn in different directions. (To understand this, go back and read Philippians 4:6-7 from Day 1.)

Paul is not telling the church to have unhealthy feelings of fear/anxiety. Rather, he is telling them not to allow the unhealthy feelings to pull them in multiple directions.



Have you ever experienced this kind of division or feelings of being pulled in several different directions? What impact did it have on your life?

God Time Day 4: Anxiety and Indecisiveness

 On Day 3, we began looking at anxiety as having a divided mind. Today, we want to understand why this kind of anxiety and worry can be a problem.

 Read Matthew 6:25-27.
²⁵ *“Therefore I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing?”* ²⁶ *Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they?”* ²⁷ *Can any of you add one moment to his life span by worrying?*

Underline verse 27.

 Now reread Philippians 4:6-7 from Day 1. Paul addressed this idea of having a divided mind twice in his letter to the Philippians. In Philippians 3:13-14, he warns about having a mind that focuses on the past, because it stops us from doing the work God has called us to do (review Week 13, Day 4).

Now in chapter 4, Paul addresses having a divided mind focused on what might happen in the future. This also will stop us from doing the work God has called us to do in the present.

In Matthew 6:27, Jesus asked, *“Can any of you add one moment to his life span by worrying?”*

Jesus makes this point for one reason: worrying about the future assumes we have the power to control the future, but that power belongs to God alone. This is why Paul tells the church not to worry, but rather to *“present your requests to God,”* because God is in charge.

Let’s say it another way: stop wasting energy trying to control things that are clearly beyond your control. Trust in God who is the authority over all things.

 Don’t give it up, give it to God. Pray for God to help you put your trust in Him more deeply than ever before.

God Time Day 5: Singular Focus on God

 Succumbing to anxiety and worry causes our minds to be pulled in several different directions. Imagine a tug-of-war match with several ropes, all connected and pulled at once. Now imagine that you are the point of connection, being pulled in all the different directions. What if none of the ropes are pulling in the direction you need to go?

When people struggle with anxiety it can have a stranglehold on their lives. It’s an overwhelming feeling of being stuck. When you are being pulled in so many different directions, even if you manage to make a step or two, you just get pulled off course.

 Paul addresses this struggle in Philippians 4:6. Go back and read it again from Day 1.

Paul instructs the church in verse 6, *“But in everything, through prayer and petition with thanksgiving, present your requests to God.”*

Paul is not telling them not to be mindful of the struggle, but to stay focused on God. Remember what God has done for us in the past, and trust where He is leading now.

When you have a singular focus, a strange thing happens – you find freedom.

When you allow yourself to focus on God and His purpose for your life, you stop being pulled in so many directions. You can finally move forward, because the *“peace of God, which surpasses all understanding”* that Paul talks about in Philippians 4:7, will give you the freedom to live your life.

-  Look back at the anxiety sources you wrote down on Day 1.
-  What will you do today to stop focusing on those worries, and shift your focus to God?

Family Time



Main Idea:

Peace



Key Verse: Philippians 4:6-7

Don't worry about anything, but in everything, through prayer and petition with Thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Equipment Needed:

You will need a juice glass, a nickel, a 4-inch square of poster board or card stock paper, and water.



Experiment:

- Cut a piece of poster board or card stock paper into a 4-inch square.
- Fill the juice glass about two-thirds full of water.
- Lay the poster board square over the juice glass.
- Set the nickel in the middle of the square.
- You are going to knock the square out from under the nickel by flicking it with your finger. You need to make sure you're flicking straight on and that it's a firm and powerful flick. Practice a couple of times with an empty glass and no nickel. The square should not fly into the air but go forward in the same plane as it's laying on the glass.



Observation:

- What happened to the nickel when you got the square out of the way?
- Describe how the nickel landed.
- How many times did you have to practice before you were able to knock the square out of the way?
- Did it get easier once you got the hang of it?



Read:

Philippians 4:6-7



Discussion:

- How do the experiment and these verses relate to one another?
- In the experiment, what represents us?
- What does the square represent?
- How do we get those things, those obstacles and the stress that goes with them, out of the way?
- Jesus says to give them to Him. When we do, Jesus knocks them out of the way. And what will He give us when we hand over our heavy stuff?

He gives us rest.



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A PRAYER EVENT FOR THE ENTIRE FAMILY

SUNDAY, SEPTEMBER 17, 4-5 PM

Bastrop Small Auditorium

cbcfamily.net/prayer

UP words
Prayer Team



Kids Fall Fun Festival (PreK – Grade 6)

Hosted by CBC Prime Timers

Games, Food, Crafts

Saturday, October 7, Bastrop

Sunday, October 15
3-5 PM, Smithville

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ON RAMP



DEEP ROOTS & ABUNDANT FRUIT

2023 WOMEN'S CONFERENCE

SATURDAY, OCTOBER 14

cbcfamily.net/women



Save The Date!

ANNUAL CHURCH

Picnic

Sunday, October 22

The 3-Step “1-on-1 Encouragement” Process

Let us hold on to the confession of our hope without wavering, since he who promised is faithful. And let us consider one another in order to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.

Hebrews 10:23-25

1. Partner-up: Partners should be of the same gender. If there is an odd number three is okay but work swiftly.
2. Partners ask each other these five questions:

	1) Did you spend specific personal time in the BIBLE <u>each day</u> this past week?	These are “Yes” or “No” questions.
	2) Did you spend specific time in PRAYER <u>each day</u> this past week – not just for meals?	Any hesitations or “Well...” responses are circled “No.”
	3) Did you do something specific to show Godly LOVE to someone this past week?	<ul style="list-style-type: none"> • If so, the partner briefly shares the encounter(s) with their partner and, on the provided line, writes the name(s) of the person(s) they showed love to, shared the gospel with, or disciplined. • If not, leave the line blank.
	4) Did you intentionally share the GOSPEL with anyone this past week?	
	5) Did you DISCIPLE anyone this past week? (Ex: Sharing with others from any of the Gathering, God, Group, or Family Times)	

3. Each partner prays for the other: No matter how or what the partner has done over the past week, this is an intentional prayer of **encouragement** for the coming week!