Sunday, October 11, 2026 – Easter Hill United Methodist Church
Bible Study
Philippians 4:1-9
"Rejoice in the Lord!"

Open with a word of prayer

Gathering Time (5-10 minutes) In pairs or groups of three, have participants answer the question, "What is the most peaceful place you have ever been to?"

Philippians 4:1-9 Context.. The Christian community at Philippi seems to have been most supportive of Paul's ministry, and the most expressive of the love and unity that resulted from their fellowship in the Gospel. This week's reading from chapter 4 returns to the theme of joy, a joy that comes from knowing God's love and grace. He urges harmony among the members. "My loyal companion" is probably Epaphroditus who delivered this letter from Paul to the Philippians (2:25-30). The "gentleness" of which Paul speaks is perhaps better understood as "generosity" or "consideration for others," a characteristic that Paul has already attributed to Christ himself. Finally, Paul assures the Philippians that if they set their minds on noble things, and the character of Paul's own life, then the God of peace – of wholeness, contentedness, completeness – will always go with them.

Read Philippians 4:1-9
What touches your heart, what do you hear in the scripture, what questions do you have, or what doesn't make sense to you in the text?

Read Philippians 4:1-9 again. Write down your thoughts, or share them with the person or group you are with.

Group Dialogue (Approximately 30 minutes). You likely won't get through all the questions in the time you have together. Consider inviting group members to work through any remaining questions on their own throughout the week.

- In Philippians 4:2, Paul names two women, Euodia and Syntyche. It is implied there is a disagreement between them and Paul encourages unity. How do you resolve disagreements in your church community? What would it look like to resolve conflicts with gentleness and the mind of Christ?
- Paul encourages the church to not be anxious about anything but instead turn to prayer. (Philippians 4:6) How do you use prayer when you feel worried or

fearful? Do you feel as though you can bring every concern or worry to God in prayer?
- In the midst of conflict and worry, how do you still rejoice and give thanks to God?
- Reread Philippians 4:8. Paul says to praise the things which are true, honorable, just, pure, pleasing, and commendable. Create a list of things which are true, honorable, just, pure, pleasing, and commendable. How can you praise and rejoice in these items this week?

Taking Action

- This week, focus on peace, prayer, and praise.
    - Peace - Spend time centering yourself to be at peace. If there are conflicts or disagreements in your life, work to resolve them. Remember to work for unity and be gentle with others.
    - Prayer - When you feel as though you are worried or unsure about the world, pray to God. Remember nothing is too great for God.
    - Praise - Be sure to give thanks to God each and every day. Create a gratitude list of the items you are grateful for. Turn on your favorite worship songs and remember to give thanks to God.

Closing Reflection Question

How is this scripture calling you to change, to see, to be, or what might it be calling you to do?

Prayer (10 minutes). Share prayer requests and respond appropriately.

Sending Forth (2 minutes). After all have shared, end by praying the following, or a similar prayer:

Peaceful God, we praise you! We rejoice knowing you are present with each of us in the ups and downs of life. You are with us in our disagreements and worries. You are there in our celebrations and elation. You encourage us to press on and continue to be of the same mind of Christ. May we continue to focus on what is true, honorable, just, pure, pleasing, and commendable knowing your peace will surrounds us. We praise you and together we pray. **Amen.**

And now we pray The Lord's Prayer….

Our Father who art in Heaven
hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in Heaven.
Give us this day our daily bread and forgive us our trespasses,
as we forgive those who trespass against us.
Lead us not into temptation
but deliver us from evil.
For thine is the kingdom, the power
and the glory, for ever and ever. Amen.