

**Exhortations (Philippians 4:4-9)**

**Introduction**

- What are we able to do for each other as a church in normal circumstances?
- What is our passage all about?
- What will it do for you if you heed the exhortations of our passage?

**i An exhortation about joy (v4)**

- What is joy?
- Is it OK to find joy in everyday things?
- What is distinctive about Christian joy?
- Why does this make it the best kind of joy?
- Where is your deepest joy?
- Why is joy important?
- What should you do if you do not know Jesus Christ?

**ii An exhortation about gentleness (v5)**

- What do you most want to be known for?
- What is gentleness?
- Which passage illustrates Jesus' gentleness?
- What is so special about gentleness?
- Are you gentle?

- How does the Lord's nearness help us to be gentle?

### iii An exhortation about prayer (v6-7)

- Why is it useless just to say, "Don't worry!" to someone?
- What piece of equipment does Paul give us to help us tackle worry?
- What does prayer involve according to Paul?
- What does God promise us when we pray?
- What does that peace do for us?
- So what must we do with our worries?
- How true of you is that?
- How should we think about prayer?

### iv An exhortation about the mind (v8-9)

- What does Romans 12:1-2 teach about the mind?
- What bad things might we fill our minds with?
- How do our thoughts affect our actions?
- How can we even start to control our minds?
- What happens to attitudes which you feed through your mind?
- What should you pray that the Holy Spirit will do for you?

### Conclusion

- What gives us hope of being able to live up to these exhortations?