

# NOVEMBER SCRIPTURE & SPOTLIGHT

## Peace / Self-Awareness

### PHILIPPIANS 4:4-9

<sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice!

<sup>5</sup> Let everyone see that you are considerate in all you do...

<sup>6</sup> Don't worry or stress about anything; but in everything--yes, every situation, every concern--pray. As you pray, tell God every detail of your life. Let Him know exactly what you need, and thank Him for all He has already done.

<sup>7</sup> Before you know it, a sense of God's wonderful peace--of everything coming together for good, will come and calm you down. You won't know how, but your heart will be comforted as this peace stands guard over your heart & mind in Christ Jesus. Yes, this peace is yours!

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, honourable, right, pure, lovely and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup> Keep putting into practice all you learned and received from me...

#### **AFFIRMATION:**

I am known. I am loved.

I was born on purpose for a purpose.

I matter. Today, I can do hard things!

I am taking charge of my thoughts, feelings & actions.

I can and will learn from my mistakes. I persevere.

I am growing through challenges. I might need a break,

but I won't give up. No matter what comes my way,

God is with me. He is for me. I'm ready to conquer today!

# LET'S TALK ABOUT IT!

Like the book of Colossians, Philippians was written by the Apostle Paul. He was writing to the believers in Philippi who had been supporting him. His heart was to encourage them. He sent this letter from a prison cell in Rome.

Knowing this, can you believe he wrote verse 4? REJOICE! Why do you think Paul wrote this? How can you be full of joy in the Lord? Where does it come from? Where do you find joy? What's the difference between a source and resource?

Verse 5 reminds us to be considerate. What does this look/sound like? Why is this important when collaborating with others? How can you be more considerate of others today?

Can you think of a time or situation that you felt worried? What did you do? Did it help?

Why do you think the Bible tells us that God wants us to pray? How does talking to someone safe calm you down? Even though He already knows, why do you think God wants you to tell Him every detail (little thing) about your life?

How does peace feel? What does your body feel like when you're at peace? If peace was a picture, what do you imagine it looks and sounds like?

How could being thankful help calm you down and bring you peace? How does it remind you of good things? How does being grateful affect your attitude?

Verse 7 paints a picture: "...your heart will be comforted as this peace stands guard over your heart and mind in Christ Jesus."

What do you think of when you hear that phrase, "stands guard"? Why does something/someone stand guard? How do you feel when you think about your heart & mind being guarded by this peace? The best part--"Yes, this peace is yours!" How does that make you feel? Why? How does this help you have courage?

Why do you think Apostle Paul found it important to remind his friends to "fix their thoughts"? What do you think this means? How do our thoughts/mindset affect our words and actions? How does this help us approach problems and people?

Read verse 9. Do you know it doesn't say practice but keep practicing? What's the difference? How does practice affect progress?

**DUE FRIDAY, NOVEMBER 29, 2024**