

What we think about

Questions to discuss or think about

1. What do you spend your time thinking about? What things during a typical week influence what you think about?
2. Read Philippians 4:4-9. What does it mean to rejoice in the Lord? (v4) Why do you think he specifies “always”? Describe how it might be possible to do this even in hard times.
3. What are we allowed to be anxious about or worried (v6)?
4. What are we supposed to do when we are anxious about something? Why do you think we need to “let your requests be made known to God?”
5. How does praying bring peace? (v7) Is it because God promises to answer our every request or is it something else? (*Hint: Why would prayers that bring peace have to be done “with thanksgiving”? When you think about praying, why is it important to remember “the Lord is near”?*)
6. How might it affect the lives of the Philippians to live out Paul’s command in verse 8? How might it affect the gospel ministry in Philippi?
7. To help decide what this list of things mean, think of an antonym (opposite) word for each of these things we are supposed to think about.

True	vs	_____
Noble	vs	_____
Right	vs	_____
Pure	vs	_____
Lovely	vs	_____
Admirable	vs	_____
Excellent	vs	_____
Praiseworthy	vs	_____

How does this clarify what Paul is talking about? What difference would it make if your thoughts were more reflective of the list on the left versus the one on the right?

8. 10. Why does Paul place such an emphasis on the life of the mind (1:27, 2:2, 2:5, 3:15, 3:19, 4:8)? How does the mind fit into our experience of God, or our ability to live a life worthy of the gospel??

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Kids Resources

Read a story together

Find a children's bible online or one from home and pick a story to read together. To make it more interactive, after you read the story once, read it again and assign everyone a part in the story and act it out together. Use dramatic noises and actions.

Coloring Page

For those that like to color, the following website has hundreds of printable bible story coloring pages.

<https://ministry-to-children.com/bible-coloring-pages/>

Writing Limericks with your kids

Check out the "Back page for kids" for the older kids and have some fun learning and practicing writing funny limericks together.