



Part  
4

## Peace in Perilous Times

This week Pastor Shelly finished up the series *The New Normal*. We have looked at the book of Philippians and how to have joy when life is difficult and challenging. We hope that you were able to gather with your family or went through these points alone and had a positive experience.

Rejoice in the Lord always; again I will say, rejoice! Philippians 4:4

1. Begin by reading Philippians 4:6-9. Pastor Shelly spoke about how to worry less, maintain a sound mind and receive the peace of God that goes beyond our own understanding of what is normal.
2. Paul's advice here is to turn your worries into prayers. Do you want to worry less? Then pray more. Whenever you start to worry, stop and pray. The consequence of living an anxiety-free life of prayer is the peace of God will guard your heart and mind. What can you do this week to help you to pray more, especially when to start to get anxious?
3. Paul then tells us what to fill our minds with. Choose today to fix your mind on good things (read verse 8 again and Colossians 3:2-3). What can you put into practice to help you to think on good things? (note cards, posters, scripture readings, voice messages, social media, etc.)
4. Finally, it says if you put these things into practice you will sense the peace of God in your life.
5. Is there a problem, temptation, or anything else that you need to give to God? Take the time right now to pray for each other about the things that you talked about.

Close in prayer