** Philippians 4:4-9 Week 2**

 Engage your soul (your mind, will and emotions)

 in the following exercises this week

 **Our focus this week is Philippians 4:6-7… finding peace in the Lord.**

**1. Warmup Exercises**

Complete these exercises to get warmed up for our focus verses this week…

* **Read** Philippians 4:4-9 in 3 Bible translations. (Find a variety of translations at [www.biblegateway.com](http://www.biblegateway.com))
* **Copy** Philippians 4:6-7 in the translation that you connect with most.

**2. Memorize**

Memorize Philippians 4:6-7. Start now and add on sections throughout the week. Make sure to review verses 4-5 and put them all together as you gain confidence. \*Helpful tips for memorizing are available on our website [www.establishedfootsteps.com](http://www.establishedfootsteps.com)

**\*Note…** Anxiety is not a new struggle, as obviously Paul was writing about it all these years ago, however anxiety has so many in our culture today in its strangling grip. You may be someone who has, or is currently struggling with deep anxiety that affects you on a daily basis. My prayer for you is that God’s Word will set you on a path toward freedom, and that you will experientially embrace His Word with full faith, experiencing new levels of His peace. God’s Word is true and freedom from anxiety is possible! Our example is always Christ, who lived among us and never lost heaven’s peace. This week our workout will include His example.

**3. *“Be anxious for nothing”***

As a physical Pilates instructor, sometimes when I introduce a challenging movement, clients will give me that look… the look that says they don’t believe there is any way they will ever be able to get their body to do that. And I get it, some things just seem unattainable. Similarly, I think when we encounter Philippians 4:6-7 we tend to give the Holy Spirit the same look, because freedom from anxiousness seems unattainable too. But God knows it is possible! A simple definition of the word ***“anxious”*** is to be troubled with cares. Most of us are very familiar with that dynamic of trouble and how it shows up in our souls… in the ways we think, feel and act. So, as you ponder this first part of verse 6, complete the following:

* What things have a tendency to cause you to be anxious?
* Can you think of any situations that Jesus experienced on earth where His circumstances may have been similar to yours? If so, how did He handle them? Journal your thoughts. (If you can’t think of any specifically, read Matthew 4:1-11)
* Journal a prayer where you dream with God about the peace He desires for you to live in.

**4.Doing our part!**

Verse 6 is very clear about our part of accessing God’s peace… we have to let God know we want it, ***“let your requests be made known to God.”*** I believe we sometimes forfeit God’s peace because we are still giving the Holy Spirit that look. We are convinced that peace isn’t attainable, so we don’t even ask Him for it. But verse 6 is clear, we are to ask with both prayer and supplication. Prayer is conversation with God. Supplication is an active seeking. Let’s work out our souls in both.

* Write down an area where you struggle with anxiousness.
* Write out a prayer expressing your struggle and specifically asking God for His peace.
* Now ask God to reveal something you can do in supplication to actively seek His peace. Listen carefully. Journal what He says and then follow through to do it! \*Note: I will address this more in our video this week.

**5.** **Stretching in verse 7**

Stretching is good both physically and spiritually. So stretch out your soul by meditating on the Truths of verse 7.

* Stretch your mind to ponder the ***“peace of God”*** by doing a word search in Scripture to read more about His peace.
* Stretch your emotions around the concept of ***“which surpasses all comprehension…”***
* Journal about God’s power to ***“guard”*** you with His peace.

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**6.** **Use the Scripture Prayer Image** to help you specifically pray into the reality of verses 6-7 in your life…

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