

Philippians 4:4–7

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Discussion Questions

1. What do you believe the disciples learned in the middle of the lake?
2. What are some of the challenging experiences in your life that have caused you to move closer to God?
3. What was Jesus really saying to the disciples when he said, “Why are you so afraid? Do you still have no faith?”
4. The disciples said “Teacher, don’t you care if we drown?” What is the tendency of most people during rough situations? What have your tendencies been?
5. Describe how what happens in the “middle” of situations has helped to refine your character.
6. According to Philippians 4:4–7, what should we do in the middle of the most difficult situations?
7. What are the reasons why we don’t stop to rejoice?
8. What is gentleness? Why is it important to let it be evident to others?

Closing Thought

Living a better story is not easy. It comes with intention. Sometimes we come down on the disciples for what we would have done ourselves. We should never hesitate to call on the Lord in our time of need. We should always rejoice in the Lord