

Transformed Communication:

Prayer that Leads to Peace

(Philippians 4:4-9)

Opening Discussion: How would you describe your level of worry and anxiety? Has it increased since COVID-19 began? How have you handled your stress, anxiety, and worry?

Transformational Principle: _____ prayer leads to a _____ mind.

1. Don't worry about _____; pray about _____.
(Philippians 4: ___ - ___)

For further discussion: How do you think Paul was able to rejoice in the midst of his dire circumstances in prison? What encouragement was he able to pass on to the Philippian church? (See Matthew 6:31-34: What does Jesus tell us about why we need not worry? How does Paul expound upon what Jesus had already said in the Sermon on the Mount? How can you apply this to your own life?)

Notes:

2. God promises that _____ will lead to _____ of mind.
(Philippians 4: ___)

For further discussion: What does Paul say will be the result of transformed prayer? Why is it so important to guard your heart and mind? What about Jesus is the key to peace? (See Colossians 3:15-17: What does Paul add here to his discussion on the peace that comes from God? Have you ever experienced peace you couldn't explain? What was that like?)

Notes:

3. A _____ mind thinks _____ thoughts.

(Philippians 4: ___ - ___)

For further discussion: What does Paul tell us about what we, as followers of Jesus, should think about? How are these things different from those things that make us anxious? (See Psalm 1:1-6: What does David say about what the "blessed" person thinks about? How do his words compare to the words of Paul? Like Paul suggests, how can we put these things into practice?)

Notes:

Response: Are you _____ about anything? Have you taken it to God in _____?

Transformational Principles

Week 1: Because we are prone to conform, we must let God transform. (Romans 12:1-2)

Week 2: Because of all Jesus has done, surrender what you think you know. (Mark 8:34-37)

Week 3: If we really want to know what to do, abandon the world's ways for God's ways. (Isaiah 55:6-11)

Week 4: Accept that the world's ways are at odds with the ways of God. (1 Corinthians 1:18-30)

Week 5: If you want to be transformed, you must learn to deal with your sinful nature. (Romans 8:1-11)

Week 6: Look past what is seen and believe what is unseen. (Hebrews 11:1-6)

Week 7: Overcome the world with love and humility. (Romans 12:9-21)

Week 8: Recognize that the purpose of our transformation is not personal or private. (Mark 10:42-45)

Week 9: Individual transformation happens best in the midst of united community. (Hebrews 10:19-25)

Week 10: Some may go and some may stay: but working together, God is transforming the world through the power of the gospel. (Philippians 4:10-20)

Week 11: Transformed people do the work of God like it's second nature. (Matthew 25:31-46)