

Learn it, link it.

Understanding two opposites:

Worry = To give way to anxiety or unease - to treat roughly - a tearing apart or continual biting.

Peace = To bring unity or harmony - a calm, quiet.

Finding Peace and cutting out worry in: Philippians 4:2-9.

Relationships Philippians 4:2-5, Matthew 5:23-26.

- Pick a side: reconciliation.
- Let God be the Judge.
- Live with eternity in mind.

Prayer Philippians 4:6-7,

My action steps:

- Talk to God about everything.
- Ask for what you need.
- Acknowledge and be thankful for what he has done in, for, through you.

Thoughts Philippians 4:8.

- Open your eyes to the good.
- Put in the effort to focus your thoughts.
- Don't let others choose what you think on.

Live it.

Actions Philippians 4:9.

- Peace is a daily decision you make, not an emotion you feel.
- Do the next right thing.

We invite you to use these notes to continue the conversation throughout the week. Whether online or in person, we need to connect together! So take that Next Step and find yours today! <https://rlc.pub/groups>

Share your story

What insight, question, or resolution did you discover from our time of worship together on Sunday?

Which did you experience more this last week: worry or peace? Why?

What do you do when you realize you're being anxious? How do you find a path out?

Connect to God's story

If you haven't yet, take a few minutes and read Paul's letter to the Philippians and jot down anything that comes to mind as you read.

*Strained relationships can be a source of anxiety and worry that Paul and the church in Philippi knew all too well. **Read Philippians 4:2-5.***

Paul appeals to these two women to settle their disagreement. How do you settle disagreements at Real Life, in your Life Group or other ministry?

Could your disagreement have a negative impact on the rest of the church? What did Paul instruct the church as their role in this dispute? What does it look like to be a peacemaker in our church community?

Read Philippians 4:6-9.

Paul tells the church not to be anxious about anything. What kind of negative results come from being anxious? How can prayer help resolve conflict and disagreements between people?

Have you ever tried praying about everything? What happened? Why is it important to tell God what we need and thank Him for what He's done?

If you haven't done it yet, take some time to talk with God. Tell Him your needs and thank Him. Then try to commit the following verse to memory this week:

...dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- Philippians 4:8 (NLT)

Real Life Prayer for 2021

We have been on a journey together in 2020. We have prayed for a deeper, intimate, personal, and dependent relationship with all of God— Father, Son, and Holy Spirit

As we step into the new year let us build on all God has done, let us step boldly. Our word for Real Life church in 2021 is **impact.**

Lord, have impact in my inner self.

Lord, have impact in my trust in you and obey your leading.

Lord, have impact in the words of life and hope you give me.

Lord, have impact in my family.

Lord, have impact in our community.

Amen.

God has prepared us to be His light and life and to be an impact everywhere. Let the impact begin now!

Notes:
