



### **EMOJIs and the Missionary Journeys of Paul – Philippians Chapter 4 Questions**

Start by reading the introduction to chapter four of Philippians. Do you or anyone you know struggle with worry, anxiety, or doubt? What do you feel causes these emotions to stir inside of you?

Read Philippians 4:1-6 and the study note for 🤔 Philippians 4:1 and Philippians 4:7. Starting with Philippians 4:1, what are some areas in your life that you would stand up for and not allow your mind or heart to be changed no matter what other people say or do?

In verses five and six there is a process that takes place for each of us to relieve us from worry, anxiety, or doubt. List those steps here:

😊 Philippians 4:7 gives us a promise from God when we follow those steps. According to this verse, what is it that God gives us when we follow this process?



Read Philippians 4:8-11. List the things that Paul shares in 🤔 Philippians 4:8 that we should think about to keep our minds focused on God:

Read the study note for 😨 Philippians 4:11. Paul was chained to an actual person, but still found a way to show and share God with others. As we learned earlier, worry, anxiety, and doubt can hold us back – or keep us in chains – so we end up not holding on to God’s love personally and end up not sharing God’s love with others. What are some areas in your life that you find yourself chained to something that is keeping you away from the joy God promises you?

Read Philippians 4:12-13 and write out Philippians 4:13 in the space provided below. There are ten words to this verse. After writing these ten words below, hold your hands up in front of your chest area and have them face each other. Say each word out loud and then fold down one finger at a time, starting with one of your pinky fingers, from each hand as you say each word. At the end your hands should be interlocked into what is known as “praying hands”. Use this as a reminder every time worry, anxiety, or doubt starts to creep into your mind or heart!

Read Philippians 4:14-23 and the study note for 🤔 Philippians 4:22. Write out the Good News that God has shown you for your life in the space below and share it with someone close to you: