**HOLY SAVIOUR, BITTERNE BIBLE STUDY – WEEK BEGINNING AUGUST 23rd**

**PHILIPPIANS 4.2-9 – UNDER PRESSURE!**

*Paul addresses how we can face up to some of the pressures we face – whether it is tensions in church life, the worries that life brings or the temptations that surround us.* ***As usual you may find it helpful to jot down your thoughts about the questions in the spaces provided*** *–* ***and it would be really good to share them with others.*** *Phone, Skype, email some members of your homegroup or a friend and/or email me your thoughts (* brianparfitt@btinternet.com*).* ***Brian Parfitt***

How well do you respond to pressures? Do you thrive on them? Collapse in a heap? Plod on?

**READ Philippians 4.2-9**

**PEOPLE PROBLEMS (verses 2-3 & 5)**

How does Paul describe the people mentioned in verses 2 and 3? What does that tell us about how Paul worked with and valued other people’s ministry? How can their fellow workers help Euodia and Syntyche? How might Paul’s advice in 1.27-2.4 and in 4.5 be of help to them?

***We don’t know why Euodia and Syntyche fell out. If they had been members of a church today why might they have fallen out? Are there ways we can help overcome divisions? How can we learn to work together?***

**PRAISE (verse 4)**

Time and again in this letter Paul encourages people to rejoice and often mentions joy. Look at a few more of those encouragements in 1.18; 2.17-18 and 3.1. What can enable people to rejoice even in difficult circumstances?

***How can we sensitively encourage people to find security and ‘rejoice in the Lord’ when facing challenges?***

**PRAYER (verse 6)**

Look at all the words that speak of praying in this verse. What do you think each of them says about the rich nature of prayer? How does thanksgiving make a difference to how we pray?

***How can praying help us be less anxious about things? How have you found that to be true?***

**PEACE (verse 7)**

How is God’s peace described here? How does God’s peace help us when we face troubles?

***Can you think of times when God has given his peace to strengthen you or someone you know?***

**PRINCIPLES (verses 8 & 9)**

How is it helpful to pay attention to what is good, whether it is seen in Christian things or people (like Paul who again cites his own example here) or non-Christian things and people? What does Paul promise will happen if we do this?

***How do outside influences in the media and the world around us shape who we are? How can Paul’s advice help us as we face those pressures? What good things can we helpfully concentrate on?***