REAP Guide

Guides exist to help followers of Jesus understand and live out Scripture together.

Gospel Patrons – November 22, 2026

READ - *Make observations about the text as you read.*

Read Philippians 4:4-7, considering what the Holy Spirit intends to communicate to us.

EXAMINE - *Determine what the texts means.*

- What does it mean to "rejoice in the Lord always"? How would the Philippian church have understood this instruction?
- What might it look like to "let your reasonableness be known to everyone"? Why would Paul command this to the church?
- According to Paul, why should believers not be anxious? What should be a Christian response to anxiety?
- What do you think it means to pray "with thanksgiving"?
- What does it mean that God's peace "will guard your hearts and your minds in Christ Jesus"?
- How should gratitude shape a Christian's life?

APPLY - *Discern how you might apply the text individually and communally.*

- What circumstances make it hard for you to rejoice in the Lord always? How can community be an integral part of your rejoicing?
- What causes you to be anxious? How do you typically respond to anxiety? How does this passage encourage and/or challenge the way you navigate anxiety?
- Do you typically pray with thanksgiving? Why or why not?
- What is one way you could intentionally practice gratitude to God this month? How does the practice of gratitude shape and inform the Christian life?

PRAY - *Talk with God in response to this text.*

- Share prayer requests with your group and pray for one another.
- Praise God, confess sin, and make requests in light of the text.