

1. **Read Philippians 4:2-3.** Paul names Euodia and Syntyche but never says what they're fighting about. He simply pleads with both to "agree in the Lord." Think of a conflict you're in: what story have you told yourself about the other person's motives?
 - a. Do you think your story is accurate? If yes, how sure are you?
2. **Read Philippians 4:4-7.** Paul's antidote to anxiety isn't "stop worrying, it's prayer with thanksgiving.
 - a. Where is anxiety turning uncertainty into worst-case scenarios for you right now, and what would it look like to bring that to God this week?
3. **Look back at Philippians 4:1-5.**
 - a. "In the Lord" appears four times in five verses. What's the difference between agreeing and agreeing in the Lord? Between rejoicing and rejoicing in the Lord?
 - b. Where are you trying to do one of these on your own steam?
4. **Read Philippians 4:8.** Every word here — true, honorable, pure, lovely — finds its fullest expression in Jesus. So this isn't simply a call to positive thinking; it's a call to dwell on Christ.
 - a. Does this come easily to you? Why or why not?
5. **Read Philippians 4:4-7.** Paul writes "Rejoice in the Lord always" from a prison cell, facing an uncertain future.
 - a. Where does your joy feel most fragile right now, and what would it look like to rejoice in the Lord in that specific area this week?