

The peace that guards you

Philippians 4:4-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul say to do with anxiety, and what does he promise God's peace will do?

2. What does it show me about people — and about myself?

What anxiety do you keep turning over in your mind instead of turning into prayer?

3. What will I obey this week? (a concrete step, with a day)

Each time that anxiety returns this week, how will you turn it into a specific prayer with thanksgiving?

4. Who will I tell?

Who is anxious right now, and how could you pray with them this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, instead of feeding my anxiety I bring it to you now with thanksgiving. Let your peace, which passes understanding, stand guard over my heart and mind in Christ Jesus.



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