

Give yourself a heart condition

⁴ Rejoice in the Lord always. I will say it again: rejoice!

Give yourself a heart. 4:4
Ancient Greek means
Medieval English
Rejoice is not the same as
Rejoice is a (imperative voice)

⁵ Let your gentleness be evident to all. The Lord is near.

Rejoice is to be
Rejoice is
My joy can be in you... John 15:11

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Give yourself a heart. 4:5
Gentleness is amid harshness
Gentleness is and visible
Gentleness is
Gentleness is trusting God's

Give yourself a heart. 4:6

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Give yourself a heart. 4:7
Prayer is a
Prayer is for needs
Prayer is for answers
Prayer is for good
Give yourself a heart. 4:7
God's peace is trusting God's
God's peace is beyond human
God's peace is trusting God's

My prayer priorities, 12 August 2018

This week's song selection

Rejoice, rejoice, Christ is in you | Every praise is to our God | From the mountains to the valleys | Instrumental: Meditation #4 | Blessed assurance | I'm praying for you | Shepherd of my soul | Living in the rhythm of grace

Thought starters for personal reflection, or group discussion

1. Why do we use the word "broken-hearted", and why is it such an evocative term?
2. Read Philippians 4:4. We can't rejoice over everything that happens to us, so why are we told to rejoice "always"?
3. What is the ancient Greek root meaning behind "rejoice", and how does that help me to rejoice in the right way?
4. The word "rejoice" is twice given as a command. How is it possible to switch on rejoicing? What switches it off?
5. What does rejoicing look like? Why do you think that rejoicing in v4 immediately leads into gentleness in v5? And why is gentleness connected with the Lord being "at hand" (v5)?
6. How can we "not be anxious" (v6) when there are so many concerns for which we need to take responsibility? Prayer is presented as the solution for anxiety (v6).
7. How does prayer (v6) give peace (v7) to the anxious?