Week / Lesson 6 · Peace amid Anxiety

Wafilipi / Philippians 4:4-9

Name (optional): _____ Date: _____

Distinguish evidence from fearful prediction; join prayer to a feasible action.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can faithful living continue while tomorrow remains uncertain? Peace in Christ makes room for prayer, truth, bodily care, and support.

3 · Discuss

How can a group encourage without turning health symptoms into spiritual blame?

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4 · Examine honestly

What is supported by evidence? What remains a fearful prediction? Which need can enter prayer and receive support?

5 · Practice one step

After the evening meal on three days, use three columns: evidence, fear, action. Read Philippians 4:6-9 and note one gratitude. Within 24 hours, take a feasible step such as obtaining accurate information or arranging a supportive conversation.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of peace, let truth guide thought, wisdom guide action, and support be received without shame. Amen.