

# REFUEL

→→BIBLE STUDY VOL.3



The purpose of this Refuel video series is to take what Doug talked about and think about it more deeply as well as discuss it with others. There are several ways to do this: (1) small group questions, (2) a Bible study, or (3) discussion questions in the Refuel book. This is #3, a Bible study that you can use in your group or for individual study.

## →→ GETTING STARTED

- 1) Find a time and place where you can be free of distractions. Make every attempt to disconnect from the world.
- 2) Begin your time with prayer: ask God to quiet your heart so you may hear what he has to say through His Word.
- 3) Read this Scripture at least three times...at least once out loud.
- 4) Circle the words or phrases that seem unclear.
- 5) Underline the words or phrases that are especially meaningful to you.

## →→ SCRIPTURE PHILIPPIANS 4:4-9 (NIV)

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

## →→ CONTEXT OF SCRIPTURE

After Paul’s radical conversion (see Acts 9:3-19) he devoted his entire life to spreading the transforming Good News of Jesus Christ.

Everywhere he traveled he taught about eternal life through faith in Jesus. Paul started churches in many of the towns he visited and he often kept in touch by writing them letters. Many of these letters make up parts of the New Testament.

The Book of Philippians was Paul’s last scribed letter. He wrote it while he was imprisoned for his faith and waiting execution. His heartfelt encouragement to the Church of Philippi was for them to walk daily with Jesus. The central theme is living in joy, no matter what the situation (even if one is in jail). Only by connecting with Jesus is this kind of unshakable joy possible.

## →→ WHAT’S IN A WORD?

**The Lord is near:** this can mean near to Christ’s return (Phillipians 3:20) or near to a believers’ death (which would put them in the presence of the Lord— Phillipians 1:23) or the Lord is near to hear the cry of His people. Because of God’s nearness we should not be afraid.

## →→ DIGGING DEEPER

Work through the following questions at your own pace. You don’t have to answer all of them, and you can even think of your own questions as you read/re-read the text.

1. Paul encourages us to live in joy always. What are some situations, people, thoughts that can almost always steal your joy?
2. What do you think is the connection between joy and gentleness?
3. What would the people who know you say about your own gentleness? What about your display of joy?
4. What makes you anxious? Has prayer ever helped in your past anxiety? If so, how? What is one practical way you could remind yourself to pray when you are feeling anxious?
5. A great way to stay connected to Jesus, is to regularly stop and take an inventory of our thought life (think about such things). Write verse 8 onto a note card and read it a few times each day over the next week.
6. Currently, what would you say that you think about the most? Would it be true, noble, right, pure, lovely, admirable, excellent or praiseworthy? What might need to change in your life for your thoughts to change?
7. What connection can you make between Doug’s video and this Scripture passage?

## →→ WHAT’S NEXT FOR ME?

Based on your study of this passage, how is your life going to be different? Be as specific as possible!

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If you have time, flip this sheet over and rewrite the passage in your own words.