



Dear Friends,

Greetings in the name of our Lord and Saviour, Jesus Christ.

## **GOD'S LOVING WORD**

Philippians 4: 4-9 [from the New Revised Version]

4. Rejoice in the Lord always; again I will say Rejoice.
5. Let your gentleness be known to everyone. The Lord is near.
6. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
7. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
8. Finally beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence, and if there is anything worthy of praise, think about these things.
9. Keep on doing the things you have heard and seen in me, and the God of peace will be with you.

**Study:** Philippians -4: 4-9

Vs. 4– What does Paul ask the Philippians to do? What does it mean to rejoice?

He asks them to rejoice 'always'. What would change in our lives if we were to rejoice always? Are there some situations where it might be more difficult to rejoice? What could we do to make it easier to rejoice in difficult situations?

Vs.5 – Paul talks about gentleness. What does gentleness mean to you? How might one show their gentleness? How could you show gentleness in the nursing care you provide in your clinical setting? Is there someone you admire for their gentleness? Can you think of an example of gentleness being shown? How might things be different if we all showed gentleness in dealing with each other?



Paul also tells them that the Lord is near. As Christians, we know that the Lord is with us always. What does that mean to you? Do we always act as if the Lord is with us? Outside of your place of employment, how would others know that the Lord was with you? Within your area of clinical practice, how would others you work with know that the Lord was with you? How would your clients know the Lord is with you?

Vs.6 –Paul tells them not to worry about anything. Do we worry? Why? What does Paul tell them to do instead? Do we talk to God about all our concerns? If not, why not? What condition does Paul say should go along with our requests to God?

Vs,7 – What does Paul say will be the result? How does he describe the peace of God? What will it do for us? How does the peace of God differ from peace in the world?

Vs.8– What does Paul tell them to keep in their thoughts? How much of what we think about in a day would meet these criteria? What difference would it make if all of our thoughts met these criteria?

Vs.9 – What do you think they had learned from Paul? What is the promise if they keep doing these things?

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