Pray together to enter the study
Read text aloud (2-3 verses per person)

FRAME *2 min to read aloud*

A letter written by Paul, a follower of Jesus after Jesus' death.

He wrote this to a group of Christians in the city of Philippi, the Philippian church. The church was facing significant religious persecution from Rome, the ruling power.

OBSERVE

5 min to reflect alone, 5 min to all share

Imagine yourself in the story. What do you see, hear, and smell?

Look for repeated words, comparisons, contrasts, and cause and effect.

Note characters, relationships, locations, time, actions, and reactions.

INTERPRET

3 min to gather q's, 12 min to discuss

Develop some questions based on your observations. What stirs your curiosity?

Imagine the perspective of the people in the scene.

Answer your questions from the text and context.

SUMMARIZE & SPOTLIGHT

1 min to read the summary aloud

Paul ends his letter to the Philippians describing how to handle anxiety, how to live, and thanking them for the church's previous care of him.

3 min to individually write a main point
2 min for all to share, end with leader

TRUSTING GOD IN NURSING SCHOOL: RX FOR ANXIETY

Philippians 4:4 – 13 (NIV)

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness
be evident to all. The Lord is near. 6 Do not be anxious about anything, but in
every situation, by prayer and petition, with thanksgiving, present your
requests to God. 7 And the peace of God, which transcends all
understanding, will guard your hearts and your minds in Christ Jesus.
8 Finally, brothers and sisters, 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. 9 Whatever you have
learned or received or heard from me, or seen in me—put it into
practice. And the God of peace will be with you.

10 I rejoiced greatly in the Lord that at last you renewed your concern for
me. Indeed, you were concerned, but you had no opportunity to show it. 11 I
am not saying this because I am in need, for I have learned to be
content whatever the circumstances. 12 I know what it is to be in need, and I
know what it is to have plenty. I have learned the secret of being content in
any and every situation, whether well fed or hungry, whether living in plenty
or in want. 13 I can do all this through him who gives me strength.

APPLY

5 min for individual reflection, 5 min to share as a group

Anxiety can make it really hard to find contentment. Commit to setting a daily time this week (i.e. when waking, lunch, or walking to class) to consider what you are thankful for to grow in being content. Try setting a reminder to help! Write your application from the passage below:

CONCLUDE

5 min to pray for each other and your applications

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