

D6 EveryDay™ Parent Page

Date | **October 2, 2022** Family Theme | **Rejoicing in Christ**
Study Text | **Philippians 4:4-20**

Objective: Family members find joy, peace, and contentment by walking in close relationship with Christ.

How This Lesson Fits in the Story of the Bible: In this section of his letter to the believers in Philippi, written around AD 62 while under house arrest in Rome, the apostle Paul taught his readers to pray instead of worry and to learn to be content and at peace in all circumstances.

Bible Basics: Memorize John 8:12 this week and work with family members to do so as well.

Read the Word: Philippians 4:4-20

Disciple Your Kids

Talk with your family about how we can rejoice and pray instead of worry, and learn to be content in all circumstances in the strength Christ gives us.



Key Truth: Believers Rejoice and Pray Instead of Worry (Philippians 4:4-9)

After calling for two women to settle their differences (verses 1-3), Paul gave commands that lead to peace, regardless of circumstances. First, Christians should live in an attitude of joy because of their relationship with the Lord, even when facing difficulty (verse 4). Second, believers are to be gracious or reasonable toward others, not retaliating, but being gentle and considerate (verse 5). Third, believers should not allow anxiety or worry to overwhelm and stress them. They could have such freedom by taking all concerns to God in prayer, being thankful to Him always (verse 6). Finally, Paul urged his readers to focus their thoughts on things that are morally excellent in God's sight and to follow the good example Paul had modeled for them. The God of peace would be with them if they did these things (verses 8-9).



Key Truth: Believers Learn to Be Content in All Circumstances (Philippians 4:10-20)

Paul was grateful for the gifts sent by the Philippian church to help meet his needs, as they had done before (verse 10). Paul was not overly focused on his needs. He had learned to be content whatever his circumstances. To be content means to be self-sufficient, not dependent on circumstances. Paul had lived through both plentiful times and needy times. He could be content in either experience because of the strength Christ gave him (verses 11-13). Paul was grateful for the generosity of the Philippians as they partnered with him. They frequently contributed to support Paul's ministry. Paul understood that their generosity helped meet his needs, but beyond that it would lead to spiritual rewards for them (verses 14-17). Their support for God's work pleased God. He meets the needs of those who support His work. He would reward them accordingly, perhaps in this life, but certainly in the one to come. God uses our gifts and prayers to reach the world with the gospel message today (verses 18-20).

Discussion Starters

Use one or more of the following questions as discussion starters with family members this week. Questions in **bold** will be good to use with elementary age children.

- **What is the difference between joy and happiness?**
- **Why can we have joy even when going through difficult times?**
- How do our attitudes and thoughts help determine whether or not we are at peace?
- How can we make sure our thoughts are centered on what is good and right?
- What does it mean to be content?
- Why can we be content in all kinds of circumstances?
- In what ways could you more fully center your thoughts on what is good and right?
- In what ways could you more fully support the spread of the gospel to all peoples?

Everyday Extras

Ask everyone to secretly think of a time when they rejoice. (They could think of payday, getting an A on a test, scoring a touchdown, having their favorite ice cream, visiting Grandma's house, or other good occasions.) Take turns acting out the occasion for other family members to guess. When everyone has had a turn, make a family selfie as everyone's face shows how they feel at their occasion. Paul told the Philippians to rejoice always (Philippians 4:4). No matter what our circumstances are, we can have joy in the Lord.

Make a Cure-Your-Worries Jar with your children. Start by writing some of your favorite promises from God on strips of colored paper. (You can begin with these promises, but there are many others: Philippians 4:7; Philippians 4:19; Hebrews 13:5; 1 Peter 5:7; Isaiah 41:10; John 16:33; Psalm 94:19; 2 Corinthians 9:8; Luke 12:24; Psalm 23:4; Psalm 56:3; 2 Thessalonians 3:16.) When someone in your home feels worried, have them write their worries on a strip of white paper and exchange it for one of the Scripture promises in the jar. Add some M&Ms for encouragement! You can make these jars for loved ones too!

Preschool Highlights for SQUARE 1 & ROUND 2

Today your child learned Paul was joyful because his focus was living for Jesus. He knew it was important for the people of Philippi to know about Jesus and His love for them. We can make Jesus our focus by reading our Bibles, talking to Him through prayer, and thinking about the many blessings He has given us. **I Can Choose to Be Joyful.**