

Application Guide: “Sovereignty of God & Supplication” (Phil. 4:4-7)

June 26th, 2005: Pastor Joe Bartemus, Director of Adult Education, preached in regards to “Four Commands to Avoid Worry and Experience Effective Prayer in a Chaotic World.” The message was a healthy reminder that God position on the throne of heaven should give us great encouragement and motivation in our lives, and yet so often, we lose sight of this when we take advantage of opportunities to worry.

1. *“Rejoice in the Lord always. I will say it again: Rejoice!” (v.4)*
 - a. What life circumstances are you allowing to steal your joy? In other words, what issues do you worry about? What makes you tense or stressed out (synonyms to “worry”)?
 - b. What does a worry-filled life reveal about your trust in God and his promises?
 - c. How can you know you’re rejoicing *in the Lord* and not just having an emotional high based on your circumstances? How can we attain that transcendent position of the heart that is joyful despite varying life circumstances?
2. *“Let your gentleness (reasonableness) be evident to all. The Lord is near.” (v. 5)*
 - a. What areas in your life do you find it hard to be gentle/ reasonable? When do you find it difficult to not demand your “rights”?
 - b. What does it look like to imitate Jesus in the area of gentleness?
 - c. How have your expectations of other people caused disappointment, and even controlled you? In light of the sinful world we live in, what expectations do you need to change?
3. *“Do not be anxious about anything...”*
 - a. How do we exercise our will against ineffective worry? Can we *choose* our emotions?
 - b. Do you live like God is sovereign throughout the week? How can we keep the sovereignty of God on our minds as we go through our daily life, experiencing trials and making decisions?
 - c. Read Matt. 7:25-34 (think about memorizing it too!). What truths from this passage are helpful to remember and take to heart if we are going to live with a trust in God rather than like a pagan constantly worried about life?
4. *“...Present your requests to God.”*
 - a. Do you see a direct correlation between the amount of time you spend in prayer and the degree to which you worry throughout the week?
 - b. How is your relationship with God going? Do you present your specific requests to God? Do you think God cares about your life?