

**Charis Christian Centre  
KOINOS LESSON 2009**

**Prayer Pointers:-**

1. Praise God for another new year in 2009.  
-pray in small groups of 3 for:-
  - a. Each others' physical health and spiritual growth.
  - b. For each others' family.
  - c. For each others' studies; work or business.
  
2. Pray for our church Emphasis for 2009 - "Spread Out, Think Big, Lets' Grow."  
-that we will grow in spiritual quality and numerical quantity.  
-the Lord will open doors for our physical expansion and ministries expansion.
  
3. Pray for our Nation.  
-God's sovereign hand will guide the economy; political future.  
-that we will have freedom of worship; racial fairness and harmony.  
-a spiritual revival will come upon our land.

**BOOK OF PHILIPPIANS. – LESSON 11**

**SCRIPTURES TO READ:- PHILIPPIANS 4:1-9**

**LESSON TO BE LEARNT:**

**"JOY! BECAUSE YOU DON'T HAVE TO WORRY."**

If anyone had an excuse to worry, it was the apostle Paul. His Christian friends at Philippi were disagreeing with one another, and he was not there to help them. We have no idea what Euodia and Syntyche were disputing about, but whatever it was, it was bringing division into the church. Along with the potential division at Philippi, Paul had to face division among the believers at Rome. (1:14-17). Added to these burdens was the possibility of his own death! Yes, Paul had a good excuse to worry – but he coped with it. Instead, he took time to explain to us the secret of victory of worry.

- A. What is 'worry'? The Greek word for 'worry' is 'merimano' in verse 6 and it means \_\_\_\_\_.

Worry has definite physical consequences; headaches, neck pains, insomnia, indigestion, ulcers etc. We cannot help but worry at times. It is a natural process that every human has. As Christians, still, we cannot eliminate this process. However, Christians can have a very high success rate of CONTROLLING our worries to the extent that we can be calm and not having to suffer those physical consequences.

- B. From verses 6 to 9, Paul outlined some conditions that will help us to cope with worries.

1. Philippians 4:6-7. \_\_\_\_\_.

Every Christian has the avenue of prayer that others may not enjoy. But here, in these verses, Paul does not just write, "Pray about it!" He used different words to describe 'right praying' .

- a. "Everything" –
  
- b. 'Prayer and petition' –
  
- c. 'Thanksgiving' –

What will happen after we have done the above? Read Phil 4:7.

2. Philippians 4:8. \_\_\_\_\_.

Wrong thinking leads to wrong feeling and before long the heart and mind are pulled apart and we are strangled by worries. We must realize that thoughts are real and powerful, even though they cannot be seen, weighed or measured. We must bring 'into captivity every thought to the obedience of Christ.'" (2 Cor. 10:5)

Paul spelled out in detail the things we ought to think about as Christians. What do you think these mean?

- a. 'whatever is true.' –
  
- b. 'whatever is noble and right.' –
  
- c. 'whatever is pure, lovely, admirable' –
  
- d. 'excellent or praiseworthy' –

3. Philippians 4:9. \_\_\_\_\_.

Discuss. How does 'living right' relate with 'worry'?

Conclusion:- "Worry" is a state of the mind. Our mind can be trained. We actually have a choice. Either we yield our heart and mind to the Spirit of God and practice right praying; thinking and living; or yield to the flesh and find ourselves torn apart by worry.