

## Emotions and the Heart: A Study on the Book of Philippians Week 2

Margie Frank

Study Notes:

### Philippians 4:6-7

6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

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### James 1:2-4

2 Consider it a great joy, my brothers and sisters, whenever you experience various trials, 3 because you know that the testing of your faith produces endurance. 4 And let endurance have its full effect, so that you may be mature and complete, lacking nothing.

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### Psalm 23: 4

Even when I go through the darkest valley,  
I fear no danger,  
for you are with me;

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Table Discussion: What are the unique pains that a woman faces?

1. Can you think of a time that you experienced “the peace that passes understanding”? (Phil 4:7) Would you share that experience with someone at your table?

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2. How would you put James 1:2-4 in your own words?

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3. Is there someone’s story of suffering with Jesus that has made you bolder in your own faith and relationship with Jesus? Would you share it?

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Songs for the Week:

- Thou You Slay Me – Shane and Shane with John Piper
- More Than Able – Elevation Worship with Chandler Moore and Tiffany Hudson
- Brooke Ligertwood’s Advent Playlist on Spotify
- No One Ever Cared For Me Like Jesus - Stephanie Gretzinger