

Study 12

“Headspace & Humility”

Philippians 4:1-9



Dwelling in the Word

1. Prayerfully read through Philippians 4:1-9 and ask: 1) What words, phrases, or images stood out to you? 2) What does this say about what God desires to accomplish in you? 3) How could you respond to what God says in this passage?

Beginning the Conversation

1. Can you recount how Christianity and salvation were first explained to you? What language was used to convey the difference of a Christian life?
2. How does Paul’s paradigm of being “in Christ” challenge your ideas of what being a Christian is all about?
3. What are some things you tend to think about and dwell on regularly? What takes up significant headspace for you?

Digging Deeper

1. The plea to Euodia and Syntyche to “be of the same mind in the Lord” was of great concern to Paul because they were his gospel allies. What tends to be your mode when dealing with conflict? Are you typically amicable and flexible? Are you passive and let people have their way? Do you tend to be stubborn and firmly rooted? What shifts could you make in your conflict mode to benefit your relationships?
2. If anxiety is an unsettled feeling that is a byproduct of imagining negative future realities. Do you struggle with anxiety? What types of things do you tend to worry about? Do you tend to pray about these things regularly? When you begin to worry could you remind yourself that the Lord IS near?
3. Philippians has a thread of joy running through it that Paul goes back to again and again. In this season of your life, what things do you rejoice about? Can you express several things that you are genuinely grateful for?
4. How have you seen and experienced the peace of God that goes beyond understanding after you have released a situation to God in prayer? Take some time to ask for the protective peace of God to shield your heart and mind.

Living it Out

1. Paul admonishes the Philippian believers to think about true, noble, right, pure, lovely, and admirable things. What, in your life, reflects these descriptions? Or put another way, how have you built beauty into your routine of life? How would you like to do this? On the flip side, are there investments of your time and headspace into things that are contrary to this list? What bold steps could you take to enact self-discipline in these areas?
2. Paul, once again, comes back to the instruction for the believers at Philippi to put into practice the things they have learned from him; this emphasizes the importance of embodied action, as opposed to only theoretical ideas. What ideas or aspects of Christianity are easy to think about but difficult to actually do for you? Could you pray and step out in faith and action this week in one new way?



Headspace & Humility

Philippians 4:1-9

February 23, 2025
Pastor Caley Tse
Greenfield Community Church



Today's guiding question...

What takes up your headspace?





Today's Roadmap

(1) Everything "in Christ"

Headspace shifts:

(2-3) from discord to concord

(4-7) from anxious to guarded by peace

(8-9) from random to curated

PAUL'S LETTER TO THE PHILIPPIANS

A UNIQUE WINDOW INTO PAUL'S HEART & MIND

HE SAID HIS LIFE AS A FULFILLMENT OF JESUS' STORY
 HIS AGONY OF JESUS' LOVE & RESURRECTION GAVE HIM HOPE & HOPELIT
 KNOWING JESUS IS BETTER THAN ANY & TRANSFORMATIVE

1:1-11 OPENING PRAYER!

1:12-26 PAUL'S IMPRISONMENT

2:6-11 THE MESSIAH THEM

4:10-23 CLOSING THANKS

4:2-9 CHALLENGE TO LIVE THE EXAMPLE

3:17-4:1 PAUL'S EXAMPLE

JESUS THE MESSIAH IS LORD & THE GLORY OF GOD THE FATHER!

(1) Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm **in the Lord** in this way, dear friends!



Philippians 4:1-7

Everything "in Christ"

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm **in the Lord** in this way, dear friends!

I plead with Euodia and I plead with Syntyche to be of the same mind **in the Lord**. Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

Rejoice **in the Lord** always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds **in Christ Jesus**.



(1) Everything "in Christ"

Headspace shifts:

(2-3) from **discord** to **concord**

(4-7) from **anxious** to **guarded by peace**

(8-9) from **random** to **curated**

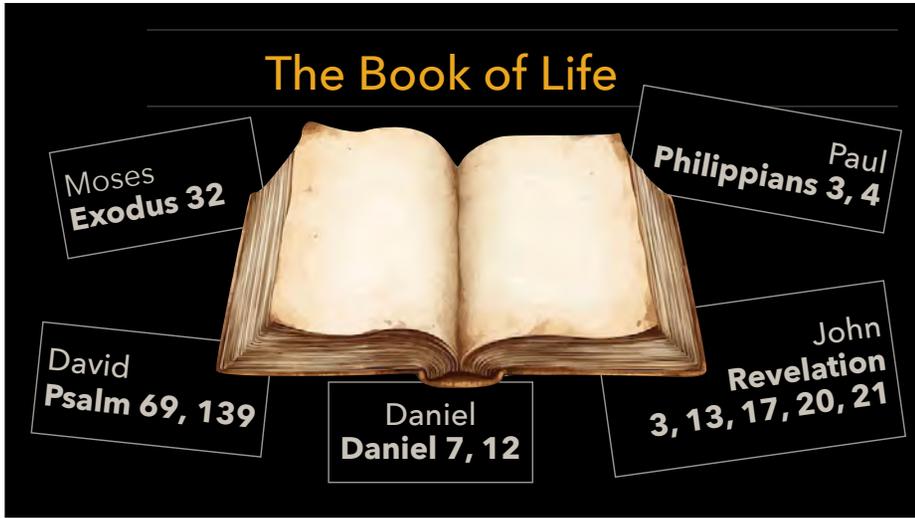


Headspace shift #1

from **discord** to **concord**

(2-3) I plead with Euodia and I plead with Syntyche to be of the same mind **in the Lord**.

Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the **book of life**.




Back to our guiding question...

What takes up your headspace?

Discord? Concord?



Headspace shift #2
from **anxious** to **guarded by peace**

(4-5) Rejoice in the Lord always. I will say it again: Rejoice! 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.



Back to our guiding question...

What takes up your headspace?

Anxiety? Peace?



Headspace shift #3

from **random** to **curated**

(8-9) 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. 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.



Back to our guiding question...

What takes up your headspace?

Random influences?

Curated thoughts?



Headspace & Humility?

(2-3) from **discord** to **concord**

Humility as submission to others.

(4-7) from **anxious** to **guarded by peace**

Humility as submission in prayer.

(8-9) from **random** to **curated**

Humility as submission through self-discipline.