**MAINTAINING YOUR SPIRITUAL EQUILIBRIUM**

Philippians 4:1-9

Discussion Questions

1. If you were ordered to evacuate your home because a massive hurricane was bearing down on your location, where would you go? What would you take? What do you imagine it must be like for those in Texas who lost everything they have? Do you think you could rejoice in the Lord under those circumstances?

2. Describe a time when your faith was unstable. What do you think contributed to its instability? What did it feel like? How did you get through it? Are there times even today when your faith gets a little shaky?

3. What do the following verses say about the topic of our spiritual equilibrium? What do we need to guard against? In what areas do we need to stand firm?

* II Peter 3:17
* I Corinthians 15:58
* I Corinthians 16:13
* Philippians 2:14-16
* I Thessalonians 3:8

4. Are there certain people who push your buttons? Do your circumstances ever freak you out? What about some of the things going on in the world today? Do you ever struggle with worry or anxiety? Which of Paul’s admonitions in Philippians 4:1-9 resonated with you the most? Was it standing firm, rejoicing in the Lord always, responding with gracious humility, looking to God’s nearness, or thinking on the right things? Which of these do you need to work on?

5. What do the following verses say about who God is?

* Jeremiah 10:5-6
* I Samuel 2:2
* Psalm 86:8-10
* II Samuel 7:22

How do these verses encourage you?