



## Session #2— May 10, 2026

**Title:** Never Stop Rejoicing

**Theme:** Parents Just Don't Understand, Pt. 2

**Scripture:** Philippians 4:4-7 (NIV)

**Objective:** During this session, the learner will gain a better understanding of how to respond when faced with stressful situations in life.

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### Outreach from Previous Week:

How would you describe loving God with “all your heart, all your soul, all your strength” and how would you explain the difference?

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### Training Text: Philippians 4:4-7 (NIV)

*<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

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### Scripture Discussion | Philippians 4:4-5

- Paul wrote this letter to the Philippians while he was imprisoned. What advice does he repeat in verse 4?
- How should the reminder “the Lord is near” affect the demeanor of believers?

*over, please*

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**Scripture Discussion | Philippians 4:6**

- What advice does Paul give to those who experience anxiety or stress from the trials they face in life?
  - In every situation, how should they respond?
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**Scripture Discussion | Philippians 4:7**

- What, according to Paul, “transcends all understanding?”
  - What protection will the “peace of God” provide?
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**Discussion Questions:**

- What steps can we take to cultivate a spirit of rejoicing in our daily lives, even amid challenges?

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- How does the concept of gentleness manifest in your life and how can it impact your relationships with others?

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- Believers are instructed not to be anxious or stressed out about anything. Instead, we should present our issues to God in prayer and thanksgiving. Is it easy to do this when faced with trials today? Explain.

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*Next Week’s Scripture: Philippians 2:3-7 (NIV)*

**Outreach:**

*Ask two people the following question: How does the concept of gentleness manifest in your life and how can it impact your relationships with others?*

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Report your results in the group next week.