



“JOY” - Philippians - Week 7

April 14th

What is one instance in the last week when you felt a sense of conflict? What is your gut reaction when conflicts arise? Why?

Read Philippians 4:2-3.

How did Paul advise the Philippians to deal with conflict and disagreement? Why is dealing with it necessary?

How does a disagreement between brothers and sisters in Christ affect the church as a whole?

When we experience conflict with other believers, we need to recall our common bond in the Lord and depend on that relationship to help us find agreement. When disagreements remain unresolved, believers become distracted and divert resources and energy away from honoring God and doing His work. Paul contrasted the issues of conflict with the encouragement to pursue a series of characteristics that are essential to Christian living, all of which build to his promise of peace.

Read Philippians 4:4-7.

How do you rejoice in the Lord? How often are we supposed to rejoice in Him?

What would happen if you and others in our church lived lives of constant rejoicing?

Paul's plea to his friends that they should rejoice in the Lord always emphasized that in all their circumstances, they were to celebrate being held securely in God's grace. Their union with Christ enabled them to rejoice even in difficult and threatening situations.

What are we typically focused on when we are grumbling or anxious? What does this anxiety do to you?

What three things does Paul say in vs 6-7 to do to relieve anxiety or stress?

Worry is a major part of every person's life. Whether a problem is big or small, it's easy to dwell on it until it begins to control us. Paul urges us to stop worrying. We should not worry about anything, but instead pray to the Lord with thankful hearts. We are to give Him our worry and allow the powerful peace of Christ to guard our hearts and minds.

Read Philippians 4:8-9.

According to verse 8, what kinds of things are we supposed to dwell on or think about? Why does it matter what we think about? How does it affect our relationship with God?

What is your initial reaction when reading the eight virtues Paul urges us to practice? Which virtue(s) do you think would be most beneficial for you to dwell on? Why?

What was the assurance Paul provided for the Philippian believers when they lived out what they learned? (v. 9)

How are you doing in the discipline of spending unhurried, unhindered time with God? Do you know the peace that comes from being in God's presence?

PRAYER

As a group use Philippians 4:6-7 as a guide to close with prayer. As a group take some time to praise, petition, and offer your thanksgiving to God.