



WEEK 8

June 10 - 11

You've Got The Lord

This Discussion Guide should be used the week following the sermon it supplements. If you are using the guide in your small group, try to work through the questions on your own before you meet. You might not get to all of the questions, and that's okay. If your small group does not meet one week, walk through the guide on your own so that you can stay in sync with the series.

MAIN TEXT: Philippians 4:1-9

SUMMARY: Having the Lord changes everything – division into unity; depression into rejoicing; anxiety into peace.

GETTING STARTED

Sometimes it is hard to live “the Christian life”. We keep encountering people! Paul shares the secret. Can you find it?

DIGGING DEEPER

1. The Lord changes division into unity (v. 1-3)
 - a) In verse 3, two women are mentioned, Euodia and Syntyche and admonished to “agree in the Lord”. This is their only mention in the whole Bible and apparently it is because they are in disagreement. If there was only one mention of you, what would it say?
 - b) “To agree in the Lord” puts the focus on the Lord. How can sharing a focus on the Lord bring us into unity?
 - c) To focus on the Lord brings us to love. God is love. In your life, can people who love each other disagree? Is that OK? Can love still exist?
2. The Lord changes depression into rejoicing (v. 4-5)
 - a) “Reasonableness” = forbearance, gentleness. Rejoicing doesn't just mean “don't worry, be happy”. What does reasonableness mean to you?
 - b) Is sadness real? Are disagreements real? How then can we “rejoice in the Lord always”?

“What you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.”

2 Timothy 2:2

FAMILY DISCIPLESHIP

If you have more than one child, it comes as no surprise that kids fight. Usually over terribly small things. If you have just one child, it should come as no surprise that they still fight, usually with you. When it comes to picking up their clothes, putting away their toys, or going to bed, try the “thankful” technique. Teach them to thank God that they have clothes to pick up, toys to put away, and a nice, warm bed to crawl into. Turn the fights and complaining into opportunities to be thankful. And make sure they see you doing the same!

3. The Lord changes anxiety into peace (v. 6-9)
 - a) Paul’s secret for peace is “in everything by prayer and supplication with thanksgiving let your requests be made known to God. According to this, what should we take to the Lord? Does that include everything? Does that include your sadness, your hurt, your pain?”
 - b) For what can we always give thanks? In every situation we are always children of God. He gave His Son to bring us into the family. When all else is going crazy, can we still rejoice in that fact?
 - c) Prayer allows us to get God’s perspective on things. How would this differ from our perspective?
 - d) Have you ever experienced peace even though you were in the midst of turbulence all around you?

NEXT STEPS

- Doing the dishes can be a boring, tiresome, thankless task. Try doing it with thanksgiving: thankful for the dishes, for the hot water, the soap, the food that was served on them, the people around the table who ate that food, that your hands are working to wash them, that your feet are holding you up, that there is a roof over your head. How many things can you apply this “thankful” technique to this week?
- Think about prayer with supplication and thanksgiving verses whining. What is the difference? Can you take everything to God without the whining? Try it often this week.
- Read I Peter 5:7 – define “all”. Meditate on why you can cast all your anxieties on Him. Let it sink way down into your heart.

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