

Scripture |

Philippians 4:2-9

Ice Breaker |

1. *What is something that brought you joy this week?*

Going Deeper |

1. *Read Philippians 4:2-9*
2. *In the first two verses we read, what seems to be the issue presented?*
3. *How does Paul advise the Philippians to deal with conflict and disagreement?*
4. *What does it mean to agree with each other in the Lord? How might that look in the church when people have differing opinions?*
5. *What do you do to relieve stress and worry in your life? What does Paul say to do?*
6. *On a scale of 1 to 10, what is the stress level in your life right now? What is your body saying to you?*
7. *How does what you think affect what you feel?*
8. *How does it affect our relationship with God?*
9. *Looking at verse 8, what are some things you can think about that fit these characteristics?*
10. *In verse 9 Paul says to follow his example, why do you think he does that? Who are some people you know whose examples are good to follow?*
11. *Why is it healthier to focus on what is excellent and worthy of praise rather than to concentrate on identifying problems? How can we learn from mistakes and bad examples and still focus on the positive?*
12. *What can we do to prevent our critical side from dominating how we see things?*