



SMALL GROUP LEADERS: - Remember the C's of Small group health:

CONTENT - *biblical, intentional, and conversational*

CONSISTENCY - *regular meetings and interactions with one another*

CARE - *sharing life's ups and downs with grace, love and encouragement*

CELEBRATION - *celebrating God's grace to us and having fun together*

COMMISSION - *participating in what God is doing now during our lifetime on earth*

CHARACTER - *as a leader - growing in my example for my group*

ICE BREAKER: (Choose one)

- What's the most memorable finish for a sporting event or contest that you've witnessed? What happened?

Into the Word:

1) What was the most meaningful statement you heard in the message this weekend?

Read Philippians 4:1-9

2) In vs. 2 and 3, what is happening that Paul is addressing, and specifically what does he want the church to do?

3) How is Paul painting the picture of these women to encourage the church to help them go forward?

Leader Tip: By painting them as faithful partners in the Gospel who specifically helped him, he is encouraging them to see how far they have come, and urging them to "finish well" and not lose sight of the goal and the progress they have made.

4) In vs.4 Paul tells the Philippians to intentionally rejoice. How does he describe HOW to move into rejoicing in vs. 5-7? What should be the result of rejoicing?

Leader Tip: The rejoicing Paul is describing is an intentional act of the will, not an emotional response. He describes that God's continual presence, and God's constant ability to sustain us and take up our worries should allow us to rejoice. Then we are able to move into a peace that can only come from God.

5) In the remaining vs. 8-9, what do you think is so valuable about what Paul instructs us to do?

Apply the Word:

6) Difficulties and challenges are in everyone's life. But what do they mean for us? How does God see them?

7) What are you focusing on and keeping your eyes on that drives you forward personally?

8) How can we make pursuing Jesus more of our focus and our joy? What are some steps we can take?

9) In your life right now, what next steps do you really need to take?

Prayer Time:

As a group, pray for individuals and the courage and strength to take their next step forward described above. You may want to pair up in smaller groups, or you can have each person pray for the person on their right, etc.