



Rock Bridge Small Group Discussion Guide  
The Struggle - Part 10  
PARTICIPANT GUIDE

**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?

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?

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.*