



PHILIPPIANS

Part 11 – Aug 14

Philippians 4.1-9

Leaders Guide

(Approximately 60 min)



Connect Spend time allowing group members to connect with one another relationally. (5 min)



Celebrate Ask how they've seen God working in their lives since you met last. (or relating to the previous meeting's discussion) (5 min)



Coach Facilitate discussion using the guide below (30 min)

Focus: Standing Firm against the Battles of Life

Big Idea: We can stand strong in life's battles when we take both external and internal steps.

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”

Phil 2:3

Read through Philippians 4.1-9 and share a couple of things that stand out to you.



When you think about your friends and family, what kinds of challenges do they often face in today's world?"

Overview:

In the message Sunday we looked at how to stand strong in the midst of life's battles.

Battles don't just happen in a battlefield of war, but the battlefield of life as well. Have you ever felt that life is a battle sometimes...that in some area or arena of life, there's a fight, a battle going on?

When we face battles in life, what kind of help we need? I know I need encouragement, motivation to keep going, hope that I can make it, power to not give up in those battles, and some practical steps in doing this.

Internally, when we face life's battles, we need to redirect three areas that begin with a, b, and c.

Attention

We redirect our attention from the problem, and we do that by prayer and thanksgiving. Did you know that scientist have studied gratitude, thanksgiving, and discovered that a grateful heart brings a greater sense of well being, helps us savor the good things, be more optimistic, more likely to help others, and feel better about yourselves.

Brain/thoughts

He speaks directly about our thinking next, what we are supposed to do with our thoughts. Although he doesn't give us an exhaustive list, he tells us to redirect our brains/thinking to good thoughts.

Conduct

Ultimately, as we redirect what we pay attention to and redirect our thinking to what is good, we will develop character and virtues which will show up in conduct



Discussion Questions:

Question 1: What are some reasons why it is important to prepare for Battles in life?

Question 2: Why do you think it is important to redirect our attention from the problem?

Question 3: What does it mean to redirect our brains/thinking to good thoughts?

Question 4: What is one way that you can develop character and virtues which will show up in conduct?



Quotes and passages from the teaching:

We all have battles because life is not easy. Maybe today you are facing a battle or two.

We are supposed to be advocates for healthy relationships. And we are to not only model such health, but encourage other believers to get along, sometimes risking challenging those in conflict to work it out

It's the idea of being willing to yield your rights and show consideration to others, easy to do with some and not so easy with others. It's the opposite of contention, but it's not being a wimp. And, when in the battles in relationships, sometimes the right thing is simply to yield and extend grace.

The reason we should get along, be peacemakers, be joyful and gentle is that those are the kinds of things we should be doing so that if Jesus returned right now, we would not have any regrets or any unfinished business with others.

Anxiety is that inner mental and emotional state where it feels like we are being pulled in different directions inside. I could be anger and regret about the past, fear and uncertainty about the future. In fact an old English word for anxiety paints a great word picture (means to be strangled.)

1Pet. 5.7 Cast all your anxiety on him because he cares for you

It's a peace that God ultimately gives us, just like he gave us his laws of biology of our bodies and brains. It's a peace that transcends our human way of perceiving the world. It's a peace that God gives as we redirect our attention from the source of the anxiety and give those anxieties to him through prayer to Him. This peace that follows will act like a sentry to our minds and hearts.

Phil. 4.8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.

When we develop biblical values and beliefs and thought patterns and behaviors (or unbiblical ones) our brains change to reflect that.



EXPERIENCE: A time to apply

Here is a spiritual assignment for this week: Take a look at your heart and choose one area to focus on redirecting this week.

Attention

Brain/thoughts

Conduct



Communicate

Share important information items with your group. (5 min)



Care

Spend time praying as a group. You may want to take specific prayer requests from your team members. (10 min)
