

The Book of Philippians | Chapter 4 - Grow Your Maturity in Christ

Message Big Idea

In the middle of all the challenges in life, following Jesus in his Kingdom way is the path to peace.

Scripture

Philippians 4:2-23

Opening Questions

1. How have you been able to B.L.E.S.S. someone recently?
2. If aliens landed on earth tomorrow and offered to take you home with them, would you go?
3. Contemporary neurology reveals that our brains have an ability called neuroplasticity – the ability to modify, change, and adapt their form and function to the experiences of our everyday lives. This means that what engages our minds daily is forming and shaping our brains. Every day, the social platforms we browse, the movies we watch, the books we read, and the conversations we engage in are changing and shaping us. These aren't changes that happen overnight but are slow incremental changes shaping us over time. What do you think about that reality? Why could this be good news or bad news?

Bible Discussion

4. Read Philippians 4:4-13. What do you notice about these passages?
5. Paul said he had learned to be content no matter the situation (vs. 11-13). What practices do you see in the text that helped him learn to be content?

Life Application

6. What would it mean for you to rejoice in the Lord in any situation?
7. Paul encouraged the church to pray about everything. How frequently would you say you pray about general anxieties and troubles? What happens to you when you do?
8. Paul says to be gentle with others. To be gentle with others, we must first learn to be gentle with ourselves. What could you do to grow in gentleness to yourself and others?
9. Reread vs. 8. What praiseworthy things could you think about this week? What difference would that make?
10. How can we pray for each other?