

SERMON: The Joy of Resting in Christ
SERIES: Philippians: Living in Joy
SPEAKER: Pastor Mark

May 20, 2018

CONNECT (5-10 minutes): Help the members of the group grow in relationships with one another so all people in the group know they matter. Spend some time discovering what is happening in the lives of your group members. Share how God has been revealing himself in each other's lives.

REVIEW (15-20 minutes): Use this time to review the passage and the sermon outline (see below).

Note: this is a great opportunity to share leadership.

Use these simple questions to review the sermon/passage or for if you don't have much time:

1. What does this passage teach you about God? About us?
2. How does this passage point us to the gospel? How does it challenge you? Change you?

SCRIPTURE:

Philippians 4:1-9.

¹ *Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.*

² *I entreat Euodia and I entreat Syntyche to agree in the Lord.* ³ *Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.*

⁴ *Rejoice in the Lord always; again I will say, rejoice.* ⁵ *Let your reasonableness be known to everyone. The Lord is at hand;* ⁶ *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* ⁷ *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

⁸ *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.* ⁹ *What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

SERMON OUTLINE:

- I. Finding rest by resolving conflict.
- II. Finding rest through prevailing prayer.
- III. Finding rest by renewing your mind.

GROW (45-60 minutes): Use this time to go deeper with your group.

Use these questions to discuss the sermon/passage:

1. How do you tend to deal with conflict? Fight? Flight? What can we learn about resolving conflict from this passage? Think about the role of rejoicing and reasonableness (moderation) in conflict resolution (v.4-5). Consider also Philippians 2:1-8.
2. What makes you anxious? "Be anxious for nothing" - God can command an emotion because our emotions are connected to our thoughts and desires. Can you identify how your anxieties are connected to your thoughts and desires? How is the peace of God (v.7) and the presence of God (v.9) the cure for our anxieties?
3. Discuss this statement: "Prayer with thanksgiving shows that we can trust the heart of God even when we cannot understand the will of God." Are you able to pray with thanksgiving even when you don't know the answer?
4. Discuss this question from the sermon: "How would your life change if you knew the God of the universe was at peace with you and working for your good?" Can you think of a specific thing in your life that might change?
5. Re-read verse 8. How does what we think about shape how we live? How does verse 8 describe the gospel? How often do you think about the gospel?

Pray: Take your requests to God together. Confess your anxieties to him. Give thanks for peace with God and the peace of God.