

Philippians

A Life of Purpose and Joy

Stand Firm, Rejoice and Pray

Date: Sunday 2nd May

Speaker: Rosie McNeil

Key Verses: Philippians 3:17-4:7

Talk Summary:

1. Who are you following? Phil 3:17-19

We have 2 choices, we're all following someone - it's either:

- Following Paul who is following Christ
- Or those who are enemies of the cross? (those who are ruled by their own self-centred appetites)
- Who is in your life that you can follow?

2. Citizens of heaven. Phil 3:20 -4:1

- Philippi as a colony of Rome what this meant to its citizens, their loyalty, behaviour, expectations
- We are a colony of heaven so we can bring the kingdom of heaven to earth

3. Stand firm. Phil 4:1-3

- Deal with conflict

4. Don't be anxious. Phil 4:4-7

- Anxiety/worry is dealt with by
 - i. Rejoicing / joy
 - ii. Remembering the Lord is near
 - iii. Trading anxiety for peace
 - iv. Thanksgiving
- Results in peace beyond our understanding (beyond our circumstances)

Worship

Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.

(Small group worship resources can be found at bvc.so/sgworship)

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

If you have a time of singing you can skip the above questions but please do ask this question each week:

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

Discussion Questions (choose some which are most relevant to your group)

1. Who are you following? Do you have people in your life who you admire? Who are they and what do you admire / follow in them?
2. How have you seen heaven break into your world in the last month? Have you seen God answer a prayer you have prayed for someone or seen someone healed? What stops you from reaching out and pulling heaven to earth? How might you start to see this happening?
3. How good are you at dealing with conflict? What's your natural tendency (rhino or hedgehog)? (A rhino charges straight in, horn pointed and ready to attack. But if you're a "hedgehog", you're much more likely to want to avoid conflict. When things get challenging, you'll want to stop the conflict by shutting down. A hedgehog curls up in a ball and sticks its prickly spines out so no one can hurt it.)
Is there anyone you need to resolve a conflict with?
4. How can rejoicing in the Lord help resolve a stressful situation? How can your gentleness be evident to all? Would you rather be treated justly or gently? Does the peace of God help you to stay calm and resolve conflicts in your life?

Witness

We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invite to?