

Questions for Personal Reflection and Group Discussion

1. Read Philippians 4:1-3.

What was Paul's solution to the dispute between Euodia and Syntyche?

How do you typically handle conflict with another person?

Does your usual way of handling conflict contribute to unity or bring division in the body of Christ? Why is unity so important?

What will you do to grow in the way you handle conflict?

2. Read Philippians 4:4-5.

What might happen if you and others in our church family lived lives of constant rejoicing?

3. Read Philippians 4:6-7.

What does worry or anxiety do to you? How does it impact the people around you?

What three things does Paul say in these verses about dealing with worry or anxiety?

What is the result of doing these things? Is that result a reality in your life today? If not, why not?

4. Read Philippians 4:8-9.

What does Paul say should be the focus of our thoughts? What do you tend to think about? Where do your thoughts take you?

How might you refocus and keep your mind on the things Paul says to think about?

5. Read Philippians 4:10-23.

What is contentment? In what areas of your life is contentment a struggle for you? What could you do to grow in this area?

How are contentment and generosity connected?

How are you doing in spending unhurried time with God? Are you experiencing the peace that comes from being in His presence? If not, what will you do to change that?