

# DISCUSSION GUIDE

MARCH 29, 2020

TOGETHER | CONFLICT & PEACE IN QUARANTINE

PHILIPPIANS 4:1-9



**Note to Leaders:** Every group is different, please choose the questions that relate best to your particular group.

## FOR STARTERS

1. Icebreaker: What's the last social gathering you experienced with more than 25 people? How long ago was that?
2. Share one moment of anxiety and one moment of joy since the last time you were in the group.

## DIGGING IN

1. Read Philippians 4:1-3.
  - a. As best as you can tell from the text, what was the situation Paul was addressing?
  - b. Refer back to Philippians 2:1-4 and discuss what Paul has in mind when he asked his friends to "be of the same mind in the Lord."
2. Read Philippians 4:4.
  - a. Paul's first step for creating a culture of peace is "Rejoice in the Lord." What does the rest of the Bible have to say about this?
  - b. Psalm 4:6-7
  - c. Habakkuk 3:17-18

### 3. Read Philippians 4:6-7.

a. What are the elements of the type of prayer Paul is describing?

b. What's the result of this kind of prayer?

### BRINGING IT HOME

1. Have you seen anxiety fester in your home and family? How has it come out in these weeks of quarantine?
2. Paul said to "let your gentleness be evident." How do you think God is calling you to do that?
3. In Philippians 4:8-9 Paul gives a filter for your focus. Take some time to practice affirmation by calling out admirable things about people in your group.
4. Practice praying with thanks and invite God's peace into your relationships.

### GOING DEEPER

1. This week meditate on, and hopefully memorize, Philippians 4:6-7.

### PRAYER REQUESTS

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