



PHILIPPIANS

the unshakable life

GROUP GUIDELINES SPOTLIGHT

PAUSE: Allowing a pause in conversation after someone shares gives the person sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

PHILIPPIANS 4:1-9

What advice and resources does Paul provide in verses 2–3 to help Euodia and Syntyche resolve their conflict “in the Lord”?

According to verses 6–7, what is Paul’s prescription for anxiety, and what is the promised result?

When relational conflict arises, is your default inclination to demand your rights, or do you seek reasonableness and gentleness as urged in verse 5?

What thoughts dominate your mind when you are stressed or hurt? How does verse 8 challenge the patterns of your internal monologue?

Is there a strained relationship in your life right now? How will you take initiative this week (whether through an apology, an invitation, or an honest conversation) to pursue peace?

When you look at what fills your mind on a typical day (news, social media, entertainment, or internal monologues) what kind of fruit is it producing in your spirit? Is it bringing peace, or is it fueling anxiety, cynicism, and comparison?

Challenge: Use the filter of verse 8 (whatever is true, honorable, just, pure, lovely, commendable) to audit your daily media consumption or thought patterns, replacing one negative input with scripture or praise.