

THE UNWAVERING MAN - PART 2

Anchored to Jesus

Philippians 4:1-9 | **Participant Guide** (September 27th, 2026)

Key Idea

An unwavering life is not the result of unchanging circumstances. Paul calls believers to stand firm in the Lord by refusing to let conflict divide them, trusting God when circumstances are difficult, disciplining their thoughts, and putting biblical truth into practice. We remain unwavering because our lives are anchored to Jesus.

Key Scripture

"Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!" - Philippians 4:1 (NIV)

Icebreaker Activity - What Keeps It Steady?

Go around the group quickly. Name an object or structure designed to stay steady, then name what keeps it stable - an anchor, foundation, roots, supports, or stakes. No repeated answers!

"The unwavering man isn't unwavering because nothing around him moves. He's unwavering because the One he's anchored to doesn't move!"

Read Together - Philippians 4:1-9

Listen for the ways Paul directs believers back to the Lord as the source of stability, joy, peace, disciplined thinking, and faithful living.

I. The Unwavering Man Doesn't Let Conflict Divide Him - He Is Grounded in the Lord and Sees Past the Current Conflict.

"Sometimes it doesn't matter who is right. Winning the argument isn't worth losing the relationship."

1. What do verses 2-3 tell us about Euodia and Syntyche? Why is it important to remember that faithful Christians can still experience real conflict?
2. Paul urges them to "be of the same mind in the Lord." What might that require even when two people do not agree about everything?
3. Read Colossians 3:12-14. Which qualities in this passage are most difficult to practice when you feel hurt or believe you are right?
4. When can the desire to win an argument become more damaging than the original disagreement?

II. The Unwavering Man Isn't Controlled by His Circumstances - He Trusts the Lord and Adjusts His Attitude.

"Happiness is a byproduct of what's around us, but joy is a byproduct of Who's around us."

5. What is the difference between rejoicing in our circumstances and rejoicing "in the Lord"?
6. Read Habakkuk 3:17-19. What had Habakkuk lost, and what did he still choose to do?
7. In Philippians 4:6-7, what does Paul tell us to do with anxiety? What role do prayer, petition, and thanksgiving each play?

8. Why do you think Paul reminds the church that “the Lord is near” before addressing anxiety?
“Surrender gives it to God. Trust leaves it there.”

III. The Unwavering Man Disciplines His Mind and Chooses Every Day to Live with a Positive Outlook on Life.

“Not every thought that enters your mind deserves a place in your mind.”

9. Which of Paul’s words in verse 8 most challenges the way you normally think? Why?

10. Read 2 Corinthians 10:3-5. What does it mean practically to “take captive every thought” and make it obedient to Christ?

11. How can repeatedly dwelling on fear, anger, comparison, offense, or worst-case scenarios begin shaping the person we become?

12. Read Romans 8:28. How is biblical hope different from simply pretending that difficult things are positive?

“What you continually think about shapes who you become.”

IV. The Unwavering Man Practices What He Preaches.

See it! Hear it! Receive it! Learn it! Practice it!

13. What progression do you see in Paul’s words “learned,” “received,” “heard,” “seen,” and “put it into practice”?

14. Read James 1:22-25. Why is hearing biblical truth without doing what it says spiritually dangerous?

15. Looking back over all four areas - conflict, circumstances, thoughts, and practice - where is Jesus asking you to stand more firmly this week?

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Personal Application - Where Do I Need to Stand Firm?

Identify one situation that is currently trying to move you - relational conflict, difficult circumstances, anxious or destructive thinking, or an area where you know the truth but need to practice it. What would it look like to be anchored to Jesus in that situation this week?

Prayer

Jesus, help me stand firm in You. Protect my relationships from division, teach me to trust You when circumstances are difficult, discipline my thoughts around what is true and good, and help me practice what You have taught me. Anchor my life to You.

Prepare for Next Week

Read Ahead

Philippians 4:10-23. As you read, notice what Paul says about contentment, strength, generosity, partnership, and God’s provision. Mark one verse, phrase, or question to bring back next week.