## GROUP DISCUSSION

September 18, 2022

## WHEN LIFE GIVES YOU LEMONS

Rejoice in All of Life Philippians 4 Pastor Chris Amdahl Chris.Amdahl@crossroadsabc.com



NOTES	<ol> <li>Open with prayer. (2-5 min)</li> <li>Read Philippians 4.</li> <li>Discuss these questions with your group. (20-45 min)</li> </ol>
	MY STORY   Vulnerability  What is a situation you worried about a lot that turned out not to be so bad? How did the stress affect you?
	DIGGING DEEPER   Practical Biblical Application Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. (Philippians 4:4–5)
	What does it mean to <i>rejoice in the Lord always</i> ? How is that instruction saying something other than "just be happy all the time"?
	The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God,which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:5–7)
	When Paul tells his congregation not to be anxious, he gives them an alternative. What is his alternative to anxiety?
	What is the difference between "don't worry, be happy," and Paul's instruction to take our worries and requests to God?
	Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

(Philippians 4:8–9)

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

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How can these instructions help us deal with our fears and anxieties?

## GROWING TOGETHER | Spiritual Friendship

I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. (Philippians 4:10)

How can we show healthy concern for another person who carries anxiety? How do we avoid the twin pitfalls of enabling someone's unhealthy worry and asking them to show fake happiness?

I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. (Philippians 4:12–13)

How can we equip one another to flourish in Christ in any and every circumstance?

## MOVING OUTWARD | Faith in Action

We can often bond with friends, neighbors, and co-workers by commiserating about difficult things. But what we learn from Philippians 4 is that anxiety and worry should not dominate our conversations. How can that lesson help us approach everyday conversations where discussions might turn negative?

