

Guard Your Hearts and Minds

Proclamation Life Groups; Week of Sunday, May 31, 2020; Steve Thiel

Only by faith in Christ can we guard our hearts and minds to pursue unity and peace in our relationships with brothers and sisters in Christ as well as right thinking that leads to joy, even in the midst of the most difficult of circumstances.

I. Be Unified in the Gospel – Philippians 4:1-3

- A. What do you think Paul means when he commands the Philippians “to stand firm in the Lord”?
- B. What do you think is the issue with Euodia and Syntyche (4:2-3)? What is Paul’s solution to their dispute? Why is the phrase “in the Lord” (4:2) critical for their ability to live in harmony?
- C. How do you think the church is able to help these women (4:3) reconcile and live in harmony? How does Paul’s encouragement to the church highlight the importance of unity in the body?
- D. How can you encourage unity rather than division in the church? Why are hard conversations sometimes necessary to have with others? What might those conversations look like?

II. Be Rejoicing in the Lord – Philippians 4:4-7

- A. What do you think would happen if you and others in the church lived lives of constant rejoicing in the Lord? What do you think that would look like and what impact would it have?
- B. Why do you think Paul says, “let your reasonableness be known to everyone” (4:5)? Is your gentle forbearance and gracious orientation with others evident and obvious to your friends, family, neighbors, and fellow church members? Or are you hard to get along with?
- C. What do you think causes anxiety? According to Paul, how should we respond (4:6)? How is Paul’s instruction here similar to Jesus’ instruction in Matthew 6:25-34? Thoughts?
- D. In what ways do you struggle with anxiety? How are these verses helpful? How is 1 Peter 5:7 helpful with his thought to “*Cast all your anxieties on God, because He cares for you?*”

III. Be Thinking on What is True – Philippians 4:8-9

- A. As you evaluate your own thought life, how would you describe it? According to Paul, on what should we be thinking (4:8)? And where does right thinking lead (4:9)?
- B. How is thinking about what is true, honorable, just, pure, lovely, and commendable helpful in maintaining solid relationships in the church? Where do you struggle the most in your thinking?
- C. How is honesty, acceptance, forbearance, and forgiveness critical to establishing, growing, and maintaining healthy and vibrant relationships with brothers and sisters in Christ?