

PERSONAL REFLECTION GUIDE

11/24/24

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- When you have faced hard times, what helped you to “stand firm” and not crumble? (Think more specific than “faith in Jesus” – what specifically helped?)
- **Read Philippians 4:1-3.** These two women were faithful contenders for the gospel. Why do you think Paul called these two ladies out publicly?
- What do you think it means to “agree in the Lord”?
- Imagine being the “true companion” (v. 3). How would you lead these two women to “agree in the Lord”?
- Do you need to take decisive steps to make peace with a fellow believer (or between believers)? What steps will you take this week?
- **Read Philippians 4:4-7.** What does it look like to “rejoice in the Lord always”?
- Can joy and grief co-exist within Christians? How so?
- In verse 5, our “gentle spirit” is to be known to all. How would people around you rank your gentleness?
- Paul puts the reminder that “the Lord is near” between two commands: (1) gentleness and (2) not to worry. Why do we need to remember the Lord is near when striving to be gentle and fight worry?
- What does Paul say to do with our worry? Why would prayers that bring peace have to be done “with thanksgiving”?
- **Read Philippians 4:8-9.** What sort of things occupy your mind – or your Netflix queue? What needs to be added or removed from what you take in?
- Who – in your life – are you following as a model of the Christian life (3:17, 4:9)?
- Write one step of obedience the Holy Spirit is leading you towards this week. Who will you tell about this step, in order to help you?

LOOKING AHEAD TO NEXT WEEK

Read Philippians 4:10-23. Based on these verses, what point is Paul making in verse 13?



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FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week? What challenged or encouraged you?
- When you think of someone you want to be like, who do you think of? Maybe a family member, celebrity, friend, religious figure?
- **Read Philippians 4:1-9.** These verses describe how Paul lives. So when he says “rejoice in the Lord always” he is rejoicing in the Lord from a prison cell. What commands does Paul list in these verses? Which one is hardest for you to do?
- What about Jesus – Him or His work – is most joyful to you?
- What makes it hard to “rejoice in the Lord always?” Do you think it’s possible to be sad and rejoice at the same time? Why or why not?
- Paul says our gentleness should be known to everyone. What does it mean to be gentle? Would people around you describe you as gentle?
- Verses 6-7 say not to worry about anything. What are some things that worry you?
- What does Paul say to do with our worries? (**For more, read 1 Peter 5:6-7**)
- **Read Philippians 4:8-9 again.** Would your social media feed and what you watch on Netflix, etc. reflect these qualities? What makes you say that?
- What does it look like for the God of peace to be with someone?
- What is one thing you want to put in practice from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.



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