



WEST HIGHLAND
BAPTIST CHURCH

Facilitators' Guide for Community Groups

April 27, 2025

Strengthened Through Christ Philippians 4:4-13

1. Welcome (an ice-breaker discussion to get everyone comfortable with sharing):

It is playoff season for some, and early on in the season for others. Are you a sports fan? If so, which sports do you follow and who are your teams? Which have you played/are you playing? If not into sports, are you a spectator/participant of other extra-curricular activities?

2. Worship (to draw our hearts to the Lord and invite Him into our discussion):

The only source of strength we can totally rely on is the strength that comes from God.

Sing "Yet Not I But Through Christ in Me" <https://www.youtube.com/watch?v=hwc2d1Xt8gM>

Dozens of other worship songs are also available at www.westhighland.org/smallgroupsongs.

3. Word (to consider how the sermon applies to our lives, and to live out the "one anothers"):

Read together: Philippians 4:4-13

Sermon Summary

Sometimes God strengthens His people by giving them energy. But other times God strengthens His people by building virtues into their lives. On Sunday, we looked at three such virtues: peace, high-mindedness, and contentment. This means that being strengthened by God is not always instantaneous, but often requires a long process towards holiness.

Sermon Questions

1. Is the "peace of God" (4:7) more of a fact or more of a feeling? Or can we even separate them so cleanly?
2. Was it easier to be high-minded (4:8) a hundred years ago than right now? If so, is being a high-minded person even realistic in the year 2025?
3. Contentment (4:11) is something that everyone wants but relatively few people have. Is it possible to be content without being a Christian? How does Christian contentment differ from worldly "contentment"?
4. Does Philippians 4:13 promise us divine strengthening for any task, or just for specific tasks?
5. Suppose that God continued to increase the peace, high-mindedness, and contentment of His people at West Highland. In what practical ways might a newcomer notice these qualities?

4. Witness (joining Jesus in his mission):

We prayed for Uche and Rachel Nweke in the services Sunday morning. They are members of WH and serve with Wycliffe as missionaries. Spend some time in your group partnering with them through prayer as they head out to South Africa and Namibia, details and requests noted below:

- for Rachel & her colleague, Mary Ellen, as they facilitate and lead the short-term trip, May 2-23, 2025. For the 6 participants who are all considering future full-time careers in Bible Translation ministry, that this trip would bring clarity and affirmation of God's leading in their lives.
- for Uche, as he begins his role as the Africa Area Director, overseeing Bible Translation ministry & organizations across the continent. For spiritual, mental, and physical strength and protection, and an increased dependence on the Lord.
- for the international conference Uche will be attending in South Africa, that it will be a meaningful time of reflection and celebration together of what God has done through the work across the globe.
- for Uche and Rachel's daughters staying at home, and those who will be caring for them. Pray for peace for all of them and that everything would go smoothly.

For more info on the Nweke family and Wycliffe mission, check out this link: [NWEKE, Rachel and Uche - Wycliffe Canada](#)