

Life Group Lesson 1

Know Your Story - Philippians 1:1-2

PRESS ON

together

Big Idea

From Sunday: No matter what happens in life, know your story of God's grace and peace for you and for all.

For Today: Live your story others with grace and peace from God.

Icebreaker question: Think of a significant relationship in your life with a friend or spouse. How did God lead you two to meet? What helped you become friends? How have you been able to persevere together in your relationship?

Have you ever read the book of Philippians before? What do you remember? How has the book influenced your faith journey?

If you have not read the book of Philippians before, where are you needing to persevere with joy in life today?

Video

This 14-minute video features Pastor Burkey telling the back story to our study "Press On Together", then introducing a video from the Bible Project with an overview of the book of Philippians.

As the Bible Project gave an overview of the book of Philippians, what are 3 ideas/concepts that stuck out for you?

Read Philippians 1:1-2

In verse 1, Paul identifies himself and Timothy as "servants of Christ Jesus". Another meaning for the word servant, perhaps more literal is slave. Think of the difference between being a servant and being a slave. . A servant is free to work for whomever he wishes; a slave is bought and purchased—completely and totally owned by a master. Paul and Timothy are thus to be thought of as "slaves/servants of Christ Jesus".

As you consider your relationship with Jesus, when is it more like a servant? Like a slave? Far apart from Him and others? Closely connected to Him and others?

In verse 1, Paul identifies his readers "to all the saints". 5 times in these first 8 verses Paul uses the word all. He's building a case for unity in this book. He's reminding us that we are stronger when we are knit together in Christ. When is a time you were part of a team or group effort that made a difference?

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The word Saints reminds us that the team God places us on is not filled with perfect people, but people made holy by what Jesus Christ has done and have been set apart for a holy purpose. As you think about Christ Lutheran Church, what holy purpose do you see God setting us apart for in this season of our church's and community's life? Where do you see God has placed you for your part in this season of our church's and community's life?

In verse 2, Paul leads off with a favorite combo of words to his readers: "Grace and peace".

Grace

God's undeserved favor—his loving-kindness shown to sinners whereby he saves them and gives them strength to live for Him. Grace is a favor done without expectation of return. Grace is the absolutely free expression of the love of God finding only motive in the benevolence and bounty of God.

Peace

The Greek word is Eirene meaning "every kind of good". Paul also has in mind the Hebrew word for peace, Shalom – God working life completely together to God's plan and empowered by God's love.

Dream for a moment, what would life be like with such grace and peace at work in your life the past 24 hours? What might stay the same? What might have changed?

Who shows you grace and peace? To whom do you show grace and peace?

What if everything we did was done with grace and peace? With your close friend/spouse? At work? With a foe/enemy? In our community?

Action Steps

Each day seek to identify moments you live with grace and peace. To express grace, you show God's love in a practical way with no expectation of return. To express peace is to work good in someone's life, to recognize and live out God's love for them.

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...

Life Group Lesson 2

Converging
Philippians 1:3-11

PRESS ON

together

Big Idea:

From Sunday: Christ wants your faith life, your home life, your social life, and your work life to converge with His cross.

For Today: Paul's three prayers for the Church in Philippi are prayers that we should be praying now: We need love, we need common sense, and we need the fruits of righteousness.

Icebreaker question: What is the prayer you lift up to God the most?

Video

1. Where have you felt love most in your life? In what situation was it and what do you remember most about it?
2. What are some SMART goals (Specific, Measurable, Attainable, Realistic, and Time-Bound) that you can set for letting love abound in your home, in your social gatherings, at your workplace, and at church? Create one goal for each setting.
3. What people or person have you seen be the most discerning people?
4. What practices can you embrace that will lead to more discernment as a maturing Christian?
5. Who are the people in your life that you wish to emulate in how they show the "fruits of righteousness"?
6. During this period of your life, where do you feel like you do the best job when it comes to the "fruits of righteousness"? Where do you feel like there are opportunities for growth?

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers. As you pray the two prayers below, focus on thanking God for something in a bad situation you face, and asking God to help you see the good He is up to in your life or someone else's life.

1. A Prayer of Gratitude: Thank you God for...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to...

Life Group Lesson 3

When Life Goes Bad Can Actually Be Good
Philippians 1:12-19

PRESS ON

together

Big Idea

From Sunday: Whenever life goes bad, it's an opportunity for something good.

For Today: Whether something is good or bad in your life, God always works good. God is always with you.

Icebreaker question: Think of a time in your life that was initially bad and later turned out to be good. What happened? How did what was bad, turn out to be good? How long did it take to find out something good had actually come out of something bad?

Video

Today's 7-minute video features Pastor Burkey teaching about the good Paul sees amid the bad of being in a prison cell, and what that means when we face challenges in life.

Read Philippians 1:12-19

In verse 12, Paul starts to give an update on his prison life. The Philippians had sent a man named Epaphroditus to care for Paul. They wonder how bad it is; Paul's about to share how blessed he is. They wonder what's God up to; Paul's about to say whether life is good or bad, God is always working good ... here's what God is doing!

As you look over your life the past week, what can you share with the group of how you have seen God work good?

One area the Philippians think life is bad for Paul is his being in chains (vs. 13). How do you see Paul describing his chains as actually being something good?

COVID has been a challenging time for our church, community, country, and world. What good have you experienced since March in navigating the COVID crisis? What are some "good things"/"God things" you hope happen for people in your life because of this COVID time?

In verses 15-18, Paul even shares how his imprisonment is motivating others to share Christ. One wise piece of advice I received in life is you can learn from the experience of others, or you can learn from your experience. The experience of others doesn't cost much to you, but *your* experience will.

When have you learned from the experience of others? What lesson did you learn?

Life Group Lesson 3

When Life Goes Bad Can Actually Be Good
Philippians 1:12-19

PRESS ON

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When you think of a powerful witness of someone going through a difficult time, whom do you think of? What witness are they sharing? How can you learn from their experience to share Christ with others?

In verse 18 Paul says, ***"I will continue to rejoice."*** If he had only said, *"I rejoice,"* it would have opened the possibility he would not continue to do so. If he only stated, *"I will rejoice,"* it could have been viewed as though he were waiting for change to come first. What threatens your joy in life? What fuels your joy? Why?

Paul gives a hidden gift in verse 19 when he quotes from Job 13:16 ***"this will turn out for my deliverance"***.

The quotation from Job controls Paul's own concerns. It is a classic piece of what literary critics call *"intertextuality,"* the conscious echoing of fragments from an earlier text in a later one, refitting the borrowed language into the author's own setting. I call it praying God's Word.

This hidden gift of showing us how Paul frames his faith with God's Word, with God's story, in the lives of others who have faced bad things and discovered the great goodness of God, and Paul's own story of you think it's bad in prison, but actually God is doing much good.

Action Steps

Look for the gift. When we see a fire in California, we see destruction. When a giant Sequoia tree sees a fire, they see a new addition to the family. The heat of the fire opens the cone to plant a seed to bring forth life. They look for the gift a fire brings.

At the end of each day this week, look back over your day and look for the gifts God has given in the good and not-so-good moments of life. You may not immediately see something bad that God has made good, just rest assured in all of your life God works good, so thank Him!

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers. As you pray the two prayers below, focus on thanking God for something in a bad situation you face, and asking God to help you see the good He is up to in your life or someone else's life.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...

Life Group Lesson 4

When Life Goes Bad Can Actually Be Good
Philippians 1:20-30

PRESS ON

together

Big Idea:

From Sunday: When Christ's will is your greatest pursuit in life, you will have a great life to pursue.

For Today: Whatever happens in life, Christ's will, will always be greater than whatever you face.

Icebreaker question: Here are 4 "would-you-rather" questions to answer. Would you rather ...

1. Have all traffic lights you approach be green or never have to stand in line again?
2. Lose the ability to read or lose the ability to speak?
3. Spend the rest of your life with a sailboat as your home, or an RV as your home?
4. Have unlimited international first-class tickets, or never have to pay for food at restaurants?

As you and your group answer, make sure to share why you would rather.

Video

Today's 9-minute video features Pastor Burkey teaching about Paul revealing the wrestling within his soul and how he takes the next best step. His decisions are fueled by one strong conviction: Christ's Will > than anything else. Paul seeks to pass on that Christ's will > ? conviction on to the Philippians and us to "press on together!"

Read Philippians 1:20-30

In verses 20-22, in the original Greek language, Paul shares his pain with his writing style. Paul who is a great writer, an intentional writer, writes these verses in a broken syntax then he concludes this chapter with a run-on sentence. What drives Paul is the realization that Jesus is in control.

Where do you need to remind yourself today that Jesus is in control?

What seeks to take the place of Christ's will as the top priority in your life?

In verse 23, when he says ***I desire to depart***, the image behind that phrase is a ship untied from the dock ready to set sail, to see the open ocean, to take the trip of a lifetime.

When has God called you to take a step of faith out of your comfort zone? What was the step? What happened? Where is God calling you to take a step of faith out of your comfort zone?

In verse 25, he says, ***"I will continue"***. He's moved by the connections God has made between Paul and the Philippians.

Isn't that the beauty of faith in a church family? God wants us to deeply grow in our relationship with Him and with each other. That's why at Christ Lutheran Church, we talk about *worship, connect,*

Life Group Lesson 4

When Life Goes Bad Can Actually Be Good
Philippians 1:20-30

PRESS ON

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learn and *serve*. When we talk about *connect* that means we connect with others with the goal to develop deep faith relationships.

What lessons have you been learning from Philippians these first 4 weeks? How have they helped you align your life to following Christ's will?

In verse 26 Paul says his desire is to connect with the Philippians so their joy increases! Such joy gives strength in tough times. You are not alone. God is with you. We are with you.

Besides God Himself, whom does God use to give you joyful strength in tough times? Who does God use *you* to strengthen someone else's joy to "press on together"?

Paul, realizing he's said enough about his desires, says in verse 27, "**Whatever happens.**" Paul affirms that he's giving Jesus the last word. Paul's not saying, "Jesus, if you get me out of here, I'll follow you anywhere." Paul is saying, "Jesus, wherever I am, I'll follow you."

What people of such faith conviction to follow Jesus with a "wherever" attitude do you know? How do they reveal such a perseverant faith? How has that inspired you to live that way?

Then Paul sneaks in this description for the Philippians and for us in verse 29, "**For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him.**" The Philippians may be thinking that it's one thing to pray for Paul and provide for Paul in his sufferings, but our own sufferings? When have you suffered for your faith in Christ? What has helped you persevere with joy?

Action Steps

Take time at the end of each day in the next week to review your day. Look for moments you live out Christ's will as top priority, and moments when He was not number one. What replaced Him? Why? What will you do tomorrow to keep Him at the top?

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...

Life Group Lesson 5

The Power of the Third Chair Philippians 2:1-11

PRESS ON

together

Big Idea:

From Sunday: Humility is more about how I treat others than how I think about myself.

For Today: "The Lord is first, my friends are second and I am third." Gayle Sayers

Icebreaker question: What comes to mind when you think of the word "humble"? (Be honest.)

Video

Today's 8-minute video features Pastor Burkey teaching about having the attitude of Jesus. Such an attitude is fueled by humility, and lives out the power of the Third Chair

Read Philippians 1:20-30

The key phrase in these 11 verses is in verse 5, ***"Your attitude should be the same as that of Christ Jesus."***

Everything Paul writes about caring for others in the first 4 verses, and everything Paul is about to write in an incredible hymn about Jesus in the next 6 verses, flows out of this phrase.

When you think of a leader with a humble attitude, who comes to mind? Why? What is it about his/her words, actions and thoughts that show such humility?

In verse 1, Paul uses the phrases ***"if you have any"*** or ***"if any"*** 4 times. Paul here is laying out a logical argument that these 4 areas he mentions, God gives to you and to me. Re-read verse 1 replace ***"if you have any"*** or ***"if any"*** with the phrase, ***"I have"***.

In verse 2, notice how Paul describes ***complete joy***. When have you experienced complete joy? Why? What helped such complete joy to continue? What caused it to end?

In verse 3, Paul speaks of living with humility. In the Bible, humility is not thinking less of yourself, but thinking of yourself less. What situations cause you to think about your self-interest before the interests of others?

When you act with self-interest and let others down, how can you restore a relationship?

In the first 4 verses Paul has revealed the power of the third chair. God is in the first chair, others in the second chair, and you live in the power of the third chair. That takes humility, even more, that takes the power of unity with Christ and encouragement from God.

How can you hold yourself accountable for humility in your daily actions?

Life Group Lesson 5

The Power of the Third Chair Philippians 2:1-11

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In verses 5-11, Paul writes a great hymn of praise about who Jesus is and how Jesus lived out the power of the “third chair”.

In verse 6, Paul speaks of Jesus **“being in very nature God”** and **“equality with God”**.

Nature means *being* or *essence*, Jesus has always been divine.

Equality with God means *everything God is, Jesus is*.

Equality with God means *not grasping but giving away*.

Why is it important to always remember the divine nature of Jesus? The human nature?

In verse 7, Jesus becomes human like us. He does not lose the divine. He’s not half God, half man. He’s fully God, fully human. He leaves heaven for a manger.

In verse 8, Jesus gives His life that we might have life. Jesus suffers, not just any death, but death on a cross for our sins.

When you think of such an act of sacrificial love by Jesus for you, how does that make you feel? Act? Serve? Live out life in the third chair?

In verse 9, **“the name that is above every name”** leads Paul to recognize Jesus, humbled on the cross, is now exalted by God. One’s name in the Bible defines one’s destiny, character, and/or reputation. Think of 5 Biblical names for Jesus (besides Jesus) that describe who Jesus is. What are your top 2 names? Why?

Verses 10 and 11, describe life at the end of time when **“every knee will bow”** before Jesus and **“every tongue confess”** Jesus. When you think of willing or reluctant knees bowing down and tongues confessing, who comes to mind?

What helps you stay humble before Jesus? What leads you to tell others about Jesus? What holds you back?

Action Steps

Arrange 3 chairs in your home this week to remind you of three chair living – God first, friends second, one’s self in the third chair. Look at that visible reminder as you begin and end each day, that we are each called to a life of humble service.

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...

Life Group Lesson 6

The [False] Gospel of Me
Philippians 2:12-30

PRESS ON

together

Big Idea:

From Sunday: What prevents us from practicing our faith ("working out our salvation") is a false Gospel that puts *me* at the center.

For Today: Stepping outside of your comfort zone to join in Jesus' mission is the most impactful step you take after Baptism.

Icebreaker question: What are some things that are outside of your comfort zone, that maybe you would never dream of doing?

Video

1. When's a time in your life that you stepped outside of your comfort zone to do something (it doesn't have to be related to your faith)?
2. Where do you have a hard time stepping out of your comfort zone for the sake of the Gospel? Pray for God to give you courage through the Holy Spirit right now.
3. Who has shown you Jesus and brought you closer to Christ in your life?
4. Who do you think you've been "a little Christ" to?

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers. As you pray the two prayers below, focus on thanking God for something in a bad situation you face, and asking God to help you see the good He is up to in your life or someone else's life.

1. A Prayer of Gratitude: Thank you God for...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to...

Life Group Lesson 7

Where Real Confidence Comes From
Philippians 3:1-10

PRESS ON

together

Big Idea:

From Sunday: Real confidence is more than what you think. Real confidence is in who you know.

For Today: Real confidence comes from what Jesus has done for you!

Icebreaker question: Besides confidence, name 3 qualities you see at work in confident people. Why did you pick those three?

Video

Today's 12-minute video features Pastor Burkey teaching on Paul's source for real confidence. Turns out, Paul's source can be our source. False confidence-builders are not only prevalent, but dangerous. Even better when you know where real confidence comes from and follow that source, you build your life on a solid foundation.

Read Philippians 3:1-10

When Paul writes **finally** in Philippians 3:1, he's just hit the halfway point of this short letter. When he uses **finally**, he simply means *furthermore*. Everything he has said up to this point has been building to where real confidence comes from, for us to press on together. What are some of the life lessons you have been putting into practice from Philippians 1-2?

Paul begins chapter 3 to make sure **our confidence, our with faith approach, is lined up with Jesus**. That leads to his mantra for pressing on together in verse 1, **rejoice in the Lord**.

In verse 2, he warns: **"Watch out"**. He has 1 group in mind but 3 ways to describe them as **dogs** (think Cujo, not Lassie). Dogs weren't pets in Paul's day; they were wild scavengers. **"Do evil"** gets to their misguided motive and **"mutilators of the flesh"** focuses the point of contention to circumcision part of the Old Testament covenant with Abraham, but not a required way to follow Jesus today. In today's language we might think of the challenge of when traditions of our faith turn into laws that block people from knowing Christ. Can you think of any past traditions that later became stumbling blocks to people's faith growth?

In verse 3, Paul names the source of real confidence as being Jesus and what He has done. Christianity says the way to God is based on what Jesus has done, not what we do. Other world religions say the path to God is based on what you do. Realizing your relationship with God is based on what Jesus has done on the cross, how does that give you confidence to approach God? To live a Christian life?

In verses 4-6, Paul facetiously plays the who's more religious game. He checks off every box that matters in his day. Which of those qualities stick out for you? What are some ways you hear people

Life Group Lesson 7

Where Real Confidence Comes From Philippians 3:1-10

PRESS ON

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brag about their faith which focuses more on the person than on our Savior? Why is that dangerous from Paul's point of view?

In verse 7, Paul the "accountant" does a profit/loss statement. Everything he ticked off in the previous verses, he now defines as a total loss. The great gain is Christ, even more **"knowing Christ"**. Though knowing the facts of the Christian faith are important, Paul describes *knowing* as relationship, intimacy, as in getting to know a person's heart, life, what makes a relationship together strong. As you think about your relationship with Jesus, what do you know about Him that makes your relationship strong? What would you like to know to know Him better?

In verse 8, Paul the "accountant" has become Paul the "garbage man". **"Rubbish"** is the cleaner translation NIV 1984 uses for the Greek word *skubbalon*. A nicer way of saying it would be "poop". Paul wants the Philippians and us to realize how false our confidence in our life with God is when we add or subtract anything away from being saved by Jesus.

In verse 9, Paul the "theologian" returns, reminding us our **"righteousness"** (being made right with God) comes from Christ's work, not our own.

Then Paul speaks one of my own heart's desires in verse 10, **"I want to know Christ and the power of His resurrection."** Who wouldn't want that? Take a moment in your group to share whom you know who needs to know Jesus, and pray for them by name.

I love the first half of verse 10, the second half is a bit more challenging, **"the fellowship of sharing in his sufferings, becoming like Him in His death"**. Paul is not looking to hang on a cross. Paul looks to be dead to what the world values and alive to what Jesus values. What are some pressure points in your life about following what the world values and what Jesus values? What keeps you strongly connected to Jesus in times of suffering?

Paul's last phrase there in verse 11, **"to attain to the resurrection from the dead"**. That happens with faith in Jesus Who already rose from the dead and shares life abundantly!

Action Steps

Pick one of the four Gospel accounts of Jesus' life, and read about His death and resurrection for *you*. Remember (and share) how Jesus gives you life with God, and how that gives you a confident "with faith" approach in living every day!

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...

Life Group Lesson 8

Press on Together
Philippians 3:12-21

PRESS ON

together

Big Idea:

From Sunday: We are better together than we are alone.

For Today: We all have different skills and abilities that can be complementary when viewed within the body of Christ.

Icebreaker question: What's a skill that your spouse, friend, or co-worker has that you simply don't? When do you rely on that skill?

Video

1. What teams have you been a member of where the members have complementary skills that benefit the whole?
2. Who has been the best example for you to follow in these relationships:
 - a. Work
 - b. Friends
 - c. Faith
3. When have you seen *together* work in the most marvelous ways in the church? What are some ideas you have for coming together to make a difference in the world?

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers. As you pray the two prayers below, focus on thanking God for something in a bad situation you face, and asking God to help you see the good He is up to in your life or someone else's life.

1. A Prayer of Gratitude: Thank you God for...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to...

Life Group Lesson 9

Return to the Source of Your Joy
Philippians 4:1-9

PRESS ON

together

Big Idea:

From Sunday: Persevere with joy!

For Today: Rejoicing builds a bridge for us to have a joyful connection with Jesus and others.

Icebreaker question: Of all that has happened in 2020, what surprised you? Made you grateful? Left you feeling hurt? Prayed the most for? Gave you joy?

Video

This 12-minute video features Pastor Burkey teaching on Paul's wisdom in building joy into all of life's moments.

Read Philippians 4:1-9

In tough times, Paul could have told us to *buck up, life is tough, get on with it*. He could have waxed eloquently on how to grit your teeth, toughen your psyche, and how bad he had it in a prison cell, so stop complaining. He does none of that. He does describe how not only to persevere, but to persevere with joy. He does that throughout Philippians especially in 4:1-9.

In verse 1, Paul expresses his love for them and out of that love, he calls them to ***"stand firm in the Lord, dear friends!"*** That shows Paul's affection for them and how he's setting them up for what's coming.

One of the biggest joy drainers I know is conflict among friends, so in verses 2-3 he seeks to resolve the conflict from far away and with fellow friends close by.

The name ***Euodia*** can mean *"Good Journey"* or *"Pleasant"*. ***Syntyche*** means *"Good Luck"*. So Paul tries to get Pleasant and Lucky back together. We don't know what wall has divided this relationship, we do know the bridge to rebuild it: ***to agree with each other in the Lord!***

Yes, the bridge builder is Jesus, but so are the others in this church, Paul, Clement (whose name means *mild!*) and a ***loyal yokefellow*** whose name in Greek would be Syzygus (I'd call him Loyal Yokefellow too, or just Gus). As you look at your life, what are the qualities of some of your friends who are bridge builders in your relationships with others? What relational bridge building qualities might they affirm in you?

Max Lucado book, *Anxious for Nothing*, looks at Philippians 4:4-9. Here are his 4-points:

Celebrate God's goodness (Philippians 4:4)

Ask God for help (Philippians 4:6)

Leave your concerns with God (Philippians 4:6)

Meditate on good things / God things (Philippians 4:8)

Life Group Lesson 9

Return to the Source of Your Joy
Philippians 4:1-9

PRESS ON

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To *rejoice* in the Biblical sense is to return to the source of your joy. How has Philippians reminded you that Jesus is the source of your joy? What words, images, verses have strengthened your walk with Jesus?

In verse 5, Paul calls for gentleness, a rare trait in this political campaign year. Why do you think gentleness is so rare in our world? So needed?

One key I find for joy and gentleness is Paul's comment, **"the Lord is near"**. He will come at the end of time; even more, He is already with you now.

In verse 6, Paul uses 3 different words to describe praying. One is for a request for someone else, another is a request for one's self, and the third speaks of a request from the depth of your soul. What is one prayer request you pray constantly for someone else? For yourself?

Paul could have simply said **"give thanks"**. But he puts **always** before **give thanks**. That's also why Paul can return to the source of his joy. For Paul the path through his pain to hold on to joy is prayers of gratitude. That's why each week I've asked you to pray a prayer of thanks and a prayer of petition. That's a great practice not just for this study, but for daily life. Where do you find it easy to give thanks? What, today, is challenging to give thanks for?

Paul is building a bridge for us to have a joyful connection with Jesus and others, when the bridge is fully-connected the result Paul says in verse 7 is **peace!** Peace is not the absence of conflict, but life fitting together with God in the center.

The way the bridge is maintained and kept strong is Paul's attitude and action advice in verses 8 and 9. In verse 8, he shares the value of thinking good thoughts, thinking God thoughts.

How does your attitude fuel your actions for good or bad? Why do you think Christians do or don't follow Paul's attitude and action plan? How might our witness be stronger if we did?

Action Steps

Follow the closing prayer habit each day for the next week (and beyond!).

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...

Life Group Lesson 10

Discontent
Philippians 4:10-23

PRESS ON

together

Big Idea:

From Sunday: Through Jesus Christ we are able to purge discontentment from our lives.

For Today: When we are content with what God has given us, we are inspired to be generous.

Icebreaker question: Who is the most generous person you've met in life?

Video

1. What stood out to you from the song "Man in the Mirror"?
2. When has someone helped you out when you're in need?
3. When is a time that you were in need and God provided? How did that moment help you in your faith journey?

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers. As you pray the two prayers below, focus on thanking God for something in a bad situation you face, and asking God to help you see the good He is up to in your life or someone else's life.

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