

Instructions

Group leaders, take some time before your gathering to look over these questions. Ask the Holy Spirit to guide you and pick 3-5 questions to discuss, which pertain to your group's unique needs and style.

For the video related questions, look up the video in RightNow Media. You can do this on a phone, tablet, computer, or SmartTV device. You can easily find the video by clicking on the "Revolution Church" channel within the app. If you or a group member needs access to RightNow Media, please email info@revolutionky.org.

Series Synopsis

When you think of living the good life, what do you imagine? Being happy, wealthy, or without a care in the world? Or maybe taking exotic vacations? Our world has a lot to say about what it means to live a good life, and it is not afraid to give us tips, products, and goals for pursuing that life now. But as it turns out, scripture has a different approach for finding the good life; often it comes through suffering, humility, and surrender. Join us this October as we explore the letter to the Philippians to debunk the myths of the good life in our world today and discover the real power of joy in Christ.

Message Synopsis

It is the power of positive thinking. Pull yourself up by your own bootstraps. You are in charge of your own destiny, and anything can be achieved if you just set the right goals and work hard. The good life is possible, and it is up to you. There is a prosperity gospel at work in our culture that says, if you just pray hard enough, if you just believe, you will receive a good life; that is, health, wealth, and prosperity. But what if true peace comes in a different way? What if it wasn't all on you, but actually in surrendering to Christ, in asking for help from a community of love, and only then finding peace that surpasses all understanding. Instead of "I can do all the things!" we must remember that we can only do all things through Christ who strengthens us (Philippians 4:13). You are not alone, and you do not have to be.

Key Scriptures

Philippians 4:1-9

Questions Related to This Week's Message

Consider watching this week's video(s) before answering these questions to help broaden your perspective on the topic.

1. Where are you finding peace today?
2. Real peace comes when we surrender control and not seek to be in control. When do you find it most challenging to surrender control?
3. What do you need help within this season so that you can focus on what is good and commendable and true?

Video and Discussion Questions from RightNow Media

Video: “Philippians: To Live Is Christ, To Die Is Gain: Session 10 – Mature Faith” by Matt Chandler (28 min)
(located in the “Renovation Group Bible Studies” channel)

<https://www.rightnowmedia.org/Content/Series/133?episode=10>

For a shorter synopsis of this passage, you may also consider this 9-minute video:

Video: “The Book of Philippians: Session 7 – Philippians 4:1-9” by Jo Saxton (9 min)
(located in the “Renovation Group Bible Studies” channel)

<https://www.rightnowmedia.org/Content/Series/368582?episode=7>

1. Take a moment to discuss the video(s) freely. What stuck out to you? What bothered you? What questions did this raise for you? Even consider where and why your mind wandered as you watched, as it might reveal something of your heart or something of significance in the message.
2. What steals your joy? What makes you anxious? Are these things true, honorable, just, pure, pleasing, and commendable? In the toughest of times, what (or who) brings you back to joy?
3. Who have you known that seemed to have unshakeable peace, even in the worst of times? What do you think was their secret? If you have a current relationship with this person, consider asking them this week where their peace comes from.
4. How can your group help you to focus on what is excellent this week? Take a moment even to share 3 things that are going great for you right now and give thanks.
5. Discuss a few of the Message-Related Questions in light of the video(s) you just watched.
6. Consider watching more of this series at home if you want to learn more about Paul’s letter to the Philippians and how it impacts your life today.

Family-Related Questions:

1. What makes your children anxious? What gives them peace?
2. A key part of childhood development is to learn how to return to joy from every situation. Joy sits at the control center of our brains (kind of like the movie *Inside Out*) and if we don’t learn how to return to joy, our other emotions can begin to take over. This typically comes early in our development, but the way it is reinforced as we grow and experience new emotions is equally important. How can you reinforce this, without denying the myriad feelings your children experience daily? Is there a way you can help direct their thoughts, while maintaining humility and honoring their feelings?
3. What can you learn about watching your children struggle through anxiety and then find peace and joy? How does it reflect your own tendencies? Who handles it better?