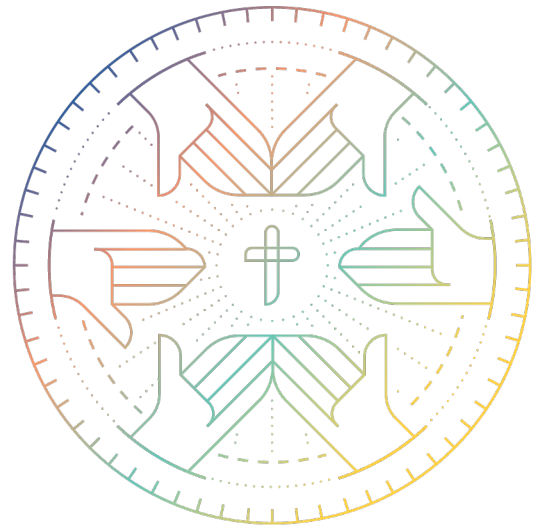


Group Life.

W E A R E B E T T E R T O G E T H E R



SMALL GROUP GUIDE

_____ like Jesus: “Stand Firm Like Jesus”

Scripture Focus: Philippians 4:1-7

ICEBREAKER

What is something that helps you remain steady when life feels stressful or uncertain?

Who is someone who brings a calming or joyful presence into your life? What makes their presence meaningful to you?

INTRODUCTION

Life has a way of pulling us in many different directions. Conflict can divide our relationships, difficult circumstances can steal our joy, and competing concerns can fill our minds with anxiety. In Philippians 4, Paul calls believers to “stand firm thus in the Lord.” Standing firm does not mean ignoring what is difficult or pretending that everything is fine. It means remaining rooted in Jesus through conflict, hardship, and uncertainty. Before Jesus stood firm in God’s peace, He knelt in prayer.

What stood out to you most from this week’s message?

INTO THE WORD

Read Philippians 4:1–3, John 15:12–13, and Ephesians 4:1–3. Paul urges Euodia and Syntyche to “agree in the Lord.” What do you think it means to keep the main thing the main thing during conflict? Why can disagreement make it difficult to remember what we share in Christ? What would it look like to stand for unity in one of your relationships right now?

Read Philippians 4:4, Acts 16:23-25, and Nehemiah 8:10. Paul tells believers to “rejoice in the Lord always,” even though his own life included imprisonment, suffering, and hardship. What is the difference between rejoicing in the Lord and pretending everything is okay? What circumstances most often compete with your joy?

Read Philippians 4:6–7, 1 Peter 5:6–7, and Matthew 6:31–34. The word Paul uses for anxiety describes being pulled apart in different directions by competing concerns. What has been pulling your mind in different directions lately? Why can it be difficult to bring our anxiety honestly to God? What do prayer, specific requests, and thanksgiving each contribute to the way we approach Him?

Read Philippians 4:6–7, Matthew 26:36-39, and Luke 22:39–46. Paul says that God’s peace will guard our hearts and minds in Christ Jesus. How is God’s peace different from simply having our problems disappear? What do you notice about the way Jesus prayed before facing the cross? What concern do you need to place honestly into God’s hands?

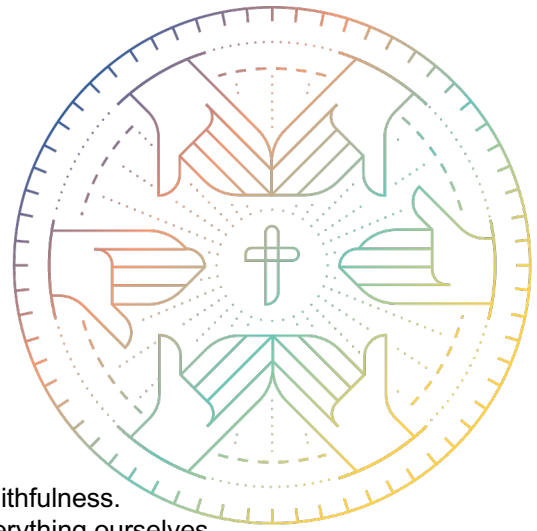
EMBRACE AND EMBODY

Living like Jesus means:

- Standing for unity when relationships are strained.
- Keeping Jesus and His mission at the center.
- Choosing joy that is rooted in the Lord rather than our circumstances.

Group Life.

WE ARE BETTER TOGETHER



- Making specific requests while remembering God's faithfulness.
- Receiving God's peace instead of trying to control everything ourselves.
- Kneeling in prayer before attempting to stand in our own strength.

As a group, discuss the following questions:

- Where is God inviting you to pursue unity rather than prove that you are right?
- Which is most difficult for you: honestly talking with God, making a specific request, or practicing thanksgiving?
- What would it look like to kneel in prayer before responding to a difficult situation this week?

TAKE YOUR NEXT RIGHT STEP

(Prayerfully consider one of the following next steps)

- **Seek God Daily:** Spend five focused minutes each day praying through Philippians 4:4–7. Name what is causing anxiety, make a specific request, and thank God for one evidence of His faithfulness.
- **Worship God:** Begin or end each day by naming three things for which you are grateful. Let gratitude remind you that God is present and trustworthy.
- **Build Deep Relationships:** Take one step toward unity in a strained relationship. Listen carefully, apologize for your part, ask a gracious question, or invite a trusted person to help you pursue peace.
- **Serve Others:** Reach out to someone whose mind may be overwhelmed by competing concerns. Listen without immediately trying to fix the situation and ask how you can pray for them.
- **Make God Known:** Bring a peaceful, joyful, and gracious presence into a setting marked by conflict, negativity, or anxiety.

OPTIONAL GROUP PRAYER PRACTICE

Give everyone a few quiet moments to reflect on these questions:

"What is pulling my mind in different directions?"

"What concern do I need to name honestly before God?"

"What evidence of God's faithfulness can I thank Him for today?"

Invite group members to write down one concern, one specific request, and one expression of thanksgiving. Then allow people to pray silently or in pairs. Encourage them to bring their concerns honestly to God and ask for His peace to guard their hearts and minds in Christ Jesus.

CLOSING PRAYER

Father, thank You that we do not have to face conflict, hardship, or anxiety alone. Help us stand firm in the Lord. Teach us to pursue unity with humility and love, keeping Jesus and His mission at the center of our relationships. Help us rejoice in You even when our circumstances are difficult. When our minds are pulled in different directions, remind us to come to You with honest prayers, specific requests, and grateful hearts. Guard our hearts and minds with Your peace. Like Jesus, teach us to kneel in prayer so that we can stand firm in faith. In Jesus' name, Amen.