



Small Group Study Guide for October 11, 2020

Our Savior Lutheran Church and School

Theme: Heart issues are Hard issues! And yet when the Lord brings us together in Christ, we have a unity in Him that allows us to work for great unity among each other. The unity in Christ is a reality created by God. It is lived out in our day to day lives as we seek to follow Jesus through the heart and hard issues.

Getting Started: (sharing with each other)

1. Fall brings with it special activities, sights, foods, and opportunities. What do you love most about this time of year and what do you look forward to?
2. Even with all the great things about fall, what are you most nervous or anxious about?

In the Word: Read Philippians 4:4-13 (a closer look at the text)

3. Look at the word of encouragement used twice in verse 4. Then look up Philippians 1:12-14 to determine the setting and what was happening to Paul when he wrote this. Why is 4:4 even more remarkable when we consider the setting and what was happening to Paul?
4. Verse 5 says to let our gentleness be known to all. What does that look like, and why is it so important?
5. How does Paul describe prayer in verse 6? Try to identify in this verse some key aspects of prayer.
6. Paul is talking about guarding our minds in this letter. He mentions the mind, thinking, and thoughts numerous times in Philippians. In 4:8 he gives a list of the kinds of things we are to think about. Write out the list that Paul gives, individually on your own, and then compare with the group.
7. When Paul states that he has learned the secret to being content in all circumstances (verse 11), he then describes a few of the extremes that he has experienced. Read verse 12 again, and see if anyone can come up with some moments in Paul's actual life that he might be describing.

Putting it all Together (what do we believe or do as disciples?)

8. Paul has to say it twice. Rejoice in the Lord, always! The most challenging word in that passage is the word “always.” Rejoice in the Lord sometimes? No problem. Rejoice in the Lord most of the time? Sure. But rejoice in the Lord always? Why is that such a challenging thought?

9. What does “rejoicing in the Lord always” look like for you in your life? How do you rejoice in the Lord?

10. How does the peace of God “guard your heart and mind in Christ Jesus”? Can you think of a time in your life when that was very evident?

11. Look at the list of things that Paul says should fill our hearts and minds in verse 8. How could we apply this verse when it comes to...

Politics

Racial Injustice

Halloween

Social Media

12. Paul mentions some of the extremes of his life when he says that he has been content in all circumstances. What are some of the extremes of your life, and how can you experience contentment in them?

Prayer: Thank the Lord that we are united in Christ, and made One in Him. Even when we don’t always display it or live it out, Jesus brings us together. Ask for God’s healing mercies to cover our land, our communities, our homes, and our church family.

Next Week: We conclude our preaching series “Heart Issues are Hard Issues” with a final message from Pastor Yang, called “Healing for Deep Affliction.” Be sure to invite people to worship either in person or online as we share the Good News with all people!