

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: SOUL REPAIR

Today's Message: Surviving Stress
Dr. Lance D. Watson, Senior Pastor

PRAYER: God, you permit us to be stretched and stressed by the experiences and encounters of our lives and we give you praise. In it and through it, we recognize that you are expanding our capacity so that we might be who you created us to be. Give us the courage and power to become. In the name of Jesus, we pray. Amen.

ICEBREAKER: What is the most stressful thing to happen to you in the last year? How did you survive it?

INTRODUCTION: In the fourth chapter of Philippians, Paul is nearing the end of his letter to the faithful in Philippi and is tying up loose ends. He has focused throughout this letter on the spread of the gospel, the unity of the church, and the joy of those who walk with the Lord—all in the context of human relationships and the inevitable stress that accompanies them. His teaching here encourages us to still expect joy, peace, and understanding because of God's grace towards us in Christ. Jesus Christ enables us to survive stress, let's talk about how.

SCRIPTURE: Read Philippians 4:2-9 (New Living Translation)

DISCUSSION:

1. What stood out in today's message? We all have conflict and stress in our lives, and we all struggle with knowing how to handle disputes that arise between people, as a result of the conflict. How do you deal with disputes that come between you and other people?
2. Have you ever allowed a dispute to ruin a relationship that you once valued? What was the hardest part about losing that relationship? Have you ever salvaged a relationship that was affected by a dispute? What was the reward of choosing to salvage that relationship? Does the fact that you are a Christian give you extra incentive to work hard to resolve disputes and maintain relationships with people?
3. In verse 2, Paul pleads with Euodia and Syntyche to "agree with each other," or "be of the same mind" in the Lord. Why is this an important command? Is this the first time Paul has written this command in his letter to the Philippian church? (Philippians 2:2 and 2:5) What effect do you think their broken relationship was having on the rest of the church? What does it mean to "agree in the Lord" or "be of the same mind in the Lord"? What would that look like in your life? Does this mean that we can't disagree? Is there room in the church for different opinions? How should we respond to disagreements within our church or small group?

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: SOUL REPAIR

Today's Message: Surviving Stress
Dr. Lance D. Watson, Senior Pastor

4. Have you ever been involved in helping others work through a disagreement? What was the most difficult part of being a “peacemaker?” How important is it that we strive to be peacemakers in our homes, at work, and in our church? Is this ability to help others work through a dispute something that everyone is called to do in their life? Is this something that can be learned, or is it a “spiritual gift?”
5. In verses 4-7, Paul gives the fix for the problem that existed between these two women in the church in Philippi. How can rejoicing (in the Lord) help resolve a stressful situation? Can someone who is really full of joy continue to fight with people? How can your gentleness be evident to all? Would you rather be treated justly or gently? How can your gentleness be used to dissolve disputes between people?

CHALLENGE: Since Paul has commanded the church to follow his example (verse 9) and has given the church clear direction on how to handle this particular dispute, commit to working through stress and resolving all disputes in your life in a godly manner as soon as possible.

SERVE: Pray over Philippians 4 this week. **Praise** God that you can survive stress and make it work for you rather than against you. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: SOUL REPAIR
Today's Message: Surviving Stress
Dr. Lance D. Watson, Senior Pastor

We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory
EMAIL:

- Imagination (0-10): Vernita Williams (Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Curtis Ballard (curtis.ballardjr@myspbc.org)
- Aspire (30-39): Lance Watson, Jr. (lance.watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend (michelle.townsend@myspbc.org)
- Encore (50-59): Jamie Duncan (Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman (maceo.freeman@myspbc.org)
- Refiners (70+): Wallace Simms (Wallace.Simms@myspbc.org)

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at www.myspbc.org.