



## LIFEGroup Gathering Guide

Week 2 - Philippians 4:4-9

### Getting Started

- *Larger LIFEGroups may consider splitting into same gender groups in order to facilitate more meaningful discussion.*
- *Groups will not have enough time to discuss every question. Leaders are encouraged to skip questions and make substitutions based on what's best for their group.*

### Warm Ups (15 Min)

- Everyone share a “High” from the week and a “Low” from the week.
- Everyone share something they are thankful for and something that they’re worried about.

### Scripture Study (30 Min)

- We see joy and gratitude connected together in Philippians 4:4, 4:6.
- Paul says: “Let your reasonableness be known.” In the midst of anxiety, how is it helpful to ask: “what is the worst thing that could happen?” Or, “How can I be reasonable in this situation?”
- Who do you know that models this: The practice of gratitude in the midst of anxiety (Philippians 4:6, 9).
- What does prayer result in?
- How is the battle won in the mind for Paul (Philippians 4:8-9).
- What are examples that you or people do when they are anxious?
- What are examples of spiritual practices that have helped you overcome anxiety?
- Reflect on the promises of verses 7 and 9. How have you experienced the peace of God in the midst of difficult circumstances?

- The word “utopia” was first used in the book *Utopia* (1516) by Sir Thomas More. It is an imagined place or state of things in which everything is perfect in someone’s vision for life. A perfectionist has a utopia that they would like to see. They like to be in control in order to fulfill their utopia. Their utopia has a lot to do with results that are out of their control.
- A perfectionist may also see people more as objects rather than human beings in order to fulfill their utopia.
- How can the practice of gratitude for what is help the perfectionist?
- How will thanksgivings in prayer (and worship) be included in your gratitude journey moving forward?
- One spiritual practice is to go through the alphabet and give an attribute for God to help us with our anxiety. For example: God is All-Powerful, Beautiful, Compassionate, Deliberate. Can you think of some attributes that begin with E and F?

## **Group Prayer (15 Min)**

### **Trios (20 Min)**

*Same gender groups of three. If numbers are uneven, go to groups of two.*

- **Spiritual Velocity:**
  - How did you see God at work in your life this week?
  - What has God been teaching you in His Word as you’ve encountered it in this week’s Life Journal readings, Sunday message, or LIFEGroup study?
  - What’s an area of your life in which you know you need to repent or grow? How can we encourage you?
- **Joining Jesus on His Mission:**
  - What kind of conversations are you having with non-Christians? How’s your 3-2-1 challenge going? Share about connections you’re building and spiritual conversations you’re having with non-believing neighbors and friends.
  - List the names of non-Christians in your life that you can pray for:

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  - What good can we do around here? (Missional party? Service project?)
  - How can we help each other, our neighbors, and our city in prayer?