

STUDY ON JOURNEY THROUGH PHILIPPIANS (4:2-23)

Journey Together 2025 Weekly Sermon Series

Follow up from last week's homework: Did you manage to commit to memory the verse set out for you? Recite it to the group!. Warming Up: Discuss for fun– Windows vs MacOS? Iphone vs Android? Google vs Duckduckgo? Coca-Cola vs Pepsi? McDonalds vs Burger King? Spotify vs Apple Music? Coffee vs Tea? Early birds vs Night owls?		Aims & Objectives of today's session: To conclude the Philippians study with encouragement, knowing that God is the one who helps, we must keep praying and turning to Him.
Fundamental Truths 1. Read Phil 4:2-3. What is going on here? What info can we get here? 2. Read Phil 4:4-7. How do you rejoice? What does that look like? 3. Why does Paul instruct us to not be anxious about anything? What should we do to follow? 4. Read Phil 4:8-9. What are the things listed here that we should fill our minds with? 5. Why do you think these things are listed? Do you relate with any particular one? 6. Looking at Phil 4:10-13, what do we learn about Paul's character here? How was he able to do all these things? Can you relate with him? How? Why or why not?	Challenging Depth 1. Read Philippians 4:2-23. Divide what you have read into segments, provide a short brief title. 2. What information can we gather from v2-3? Who is mentioned and what happened? 3. How frequent do arguments happen? How can this be the case within a church setting too? Look at Phil 2:2, how is this related? 4. What does "rejoice" mean? What does it actually look like? How hard or easy is it for you? Why? 5. Reading v5-7, which part or word jumps out the most to you? Why? 6. What are the things listed in v8-9 that we should fill our minds with? Why do you think these things are listed? Break down each word and define the word. How can these things be applied to our daily life today? Is there a particular one that is most striking to you? 7. Reading v10-20, where was Paul writing from again? Why do you think he wrote such words here? Who is mentioned? What clues can we draw from here? 8. How can what you have read today be applied to your life, personally? What is one thing that is challenging for you? What is one thing that is new to you? What is a gem of a reminder from today?	Items for todays session: Leader to provide small note cards, or small bookmarks, with pens too. Have enough for at least one or two each. At the end of the session, invite participants to write words of encouragement to a member in the group or someone outside of the group. It can be a word of encouragement, bible verse or a short prayer in written form.
Concluding in Prayer How can we be better at supporting other brothers and sisters? What are some practical ways? Spend some time prayerfully considering a member within your lifegroup, or someone outside of thre group, who needs encouragement or a bible verse or a short prayer. Write a short message to them.		Homework / Challenge for this week Pass out those message cards to the people you wrote for. If God compels you to continue writing for others, do so this week!
		Ending with prayer Our Father, we thank you that we can turn to you for help, strength and that you hear our prayers. May we rejoice in you, always, even in good times or difficult times. Amen.