



## FORMED | 8 WEEKS IN PHILIPPIANS | STUDY GUIDE FOR PART 7

**Opener:** If this week had a remote control, share a moment you would have rewind and played again, as well as a moment you wish you could have fast forwarded through.

### Read Philippians 4:2-5.

1. In the midst of personal conflict (with friends, family, and your community), what are some things you can rejoice in? How can that help lead to peace?

2. Discuss the place that gentleness has in tension and the ways it could help navigate towards resolution.

3. Contrast and compare the strengths of being courageous and being vulnerable. How does each contribute to stronger relationships?

### Read Philippians 4:6-9.

4. You might have heard the phrase, "Your focus determines your reality." How does this play out in life? How can this help or hinder conflict?

Paul writes to the Philippians, "Whatever you have learned or received or heard from me or seen in me—put it into practice."

5. Share with the group about someone that in the past has modeled Jesus to you in a way that you now emulate. How could you thank them this week?