



Prepare: Read Philippians 4 several times before your group meeting. Write down any questions or observations you want to discuss from the teaching or sermon.

Discuss*

- In your life, what are some beliefs, values, attitudes, or priorities that have changed over the years? How has this impacted the person you are today?
- Unity is a foundational building block within Christianity. Discuss how the four values of the Restoration Movement promote or hinder unity.
 - No book but the Bible; no creed but Christ; no name but the Divine.
 - Where the Scriptures speak, we speak; where the Scriptures are silent, we are silent.
 - In essentials unity; in opinions, liberty; and in all things, love.
 - We're not the only Christians, but we're Christians only.
- Reflect on a time you knew/felt the Lord was near. How did the Lord reveal His presence to you? How did that affect your attitude toward what you were facing?
- Why does it seem so difficult to "Rejoice always, pray without ceasing, and give thanks in all circumstances?" (1 Thessalonians 5:16 – 18) How can you begin to live with that perspective?
- List some specific ways your worldview, your relationships, and your life would be changed if you only thought about whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. (Philippians 4:8)
- What are your biggest obstacles to being content? What would be required to remove those obstacles?

Apply

- Paul tells us to "Rejoice in the Lord always. I will say it again: Rejoice!" (Phil 4:4) This week, write down:
 - the things that "steal your joy"
 - the blessings God has given to you
 - the areas where you lack contentment

and make these matters of prayer. Make notes through the week to see how God answers your prayers.

**Use these questions to guide your discussion. Don't feel like you have to go through all of them and make sure you take time to talk through any questions and observations from the group.*