

Getting Healthy:

Healthy Though Life

Getting Healthy: Mentally

Philippians 4:1-9

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Reflection and

Discussion Guide

Getting Healthy: Mind Games

Read: Read Philippians 4:1-9

1. What does Paul mean when he tells the Philippians to “stand firm in the Lord?” (4:1)?

2. How has Paul himself already demonstrated this to them?

(Read 3:15-21)

3. What does it mean for our church fellowship to live as an outpost of heaven with the responsibility for bringing the life and rule of heaven to bear on earth?

4. Verses 2-3 are a special appeal to two women in Philippi who are in conflict. How do we need to deal with conflict? When have you seen a dispute between Christians handled in a positive and healing manner?

5. Paul tells the church (v.4) to celebrate in the Lord. What does that mean? How can we celebrate in the Lord today?

6. How does verse 8 relate to Paul’s discussion of conflict in the church found in verses 2-3?

7. Reflect on the promises of verses 7 and 9. How have you experienced the peace of God in the midst of difficult circumstances?