

GREAT CHAPTERS OF THE BIBLE



PHILIPPIANS CHAPTER FOUR

How God Gives You Joy

TAUGHT by TOM HOLLADAY

A four-session, video-based study for small groups

Great Chapters of the Bible

PHILIPPIANS CHAPTER FOUR: How God Gives You Joy

Small Group Study Guide

Edition 1.0

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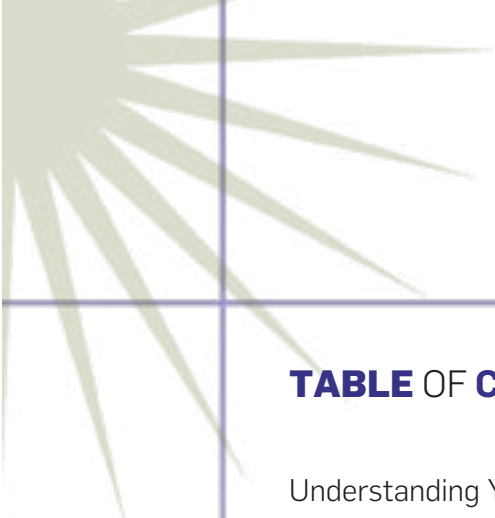


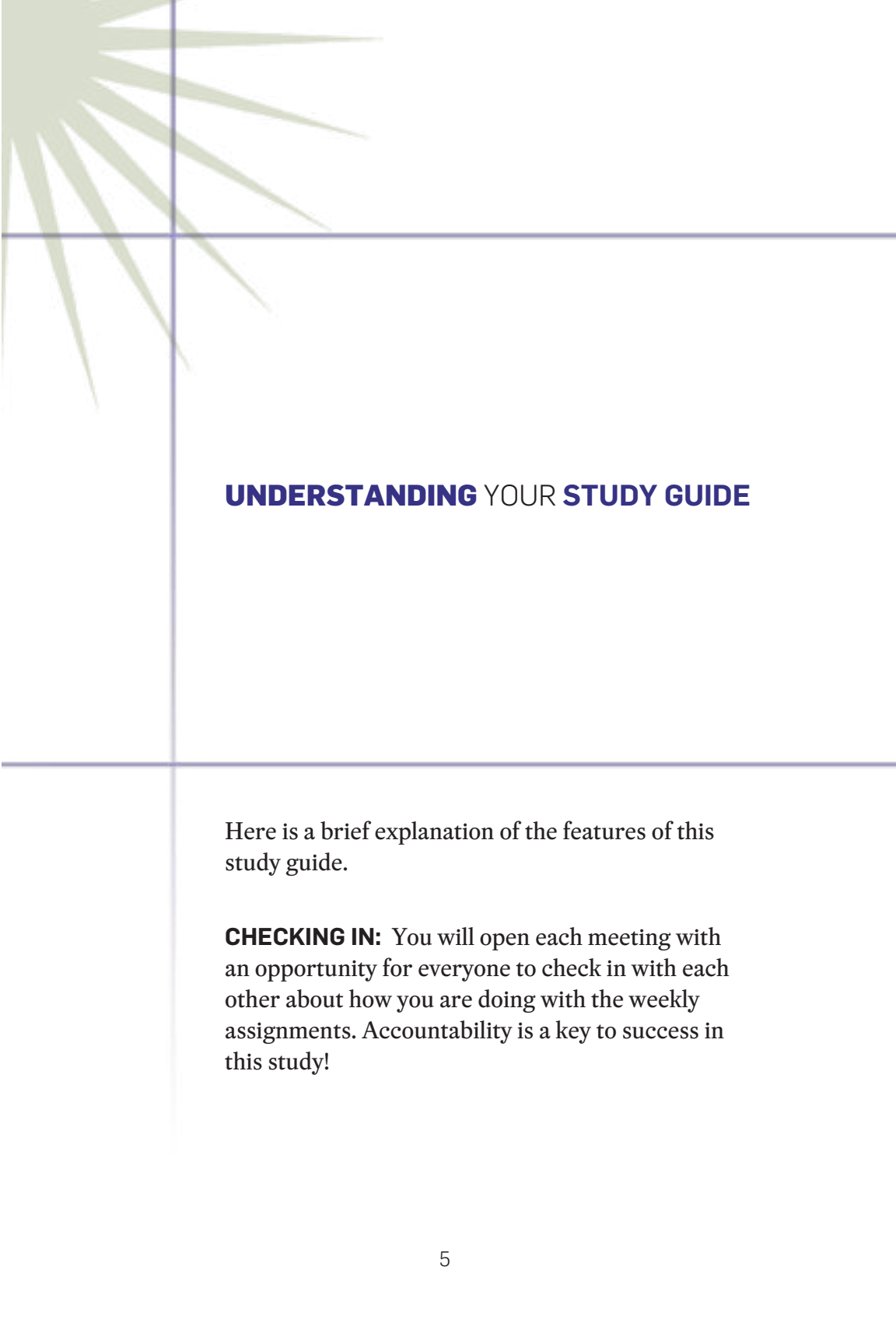
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UNDERSTANDING YOUR **STUDY GUIDE**

Here is a brief explanation of the features of this study guide.

CHECKING IN: You will open each meeting with an opportunity for everyone to check in with each other about how you are doing with the weekly assignments. Accountability is a key to success in this study!

PHILIPPIANS CHAPTER FOUR

KEY VERSE: Each week you will find a key verse or Scripture passage for your group to read together. If someone in the group has a different translation, ask them to read it aloud so the group can get a bigger picture of the meaning of the passage.

VIDEO LESSON OUTLINE: There is a video lesson for the group to watch together each week. Fill in the blanks in the lesson outlines as you watch the video, and be sure to refer back to these outlines during your discussion time.

DISCOVERY QUESTIONS: Each video segment is complemented by several questions for group discussion. Please don't feel pressured to discuss every single question. There is no reason to rush through the answers. Give everyone ample opportunity to share their thoughts. If you don't get through all of the discussion questions, that's okay.

LIVING ON PURPOSE: In his book, *The Purpose Driven® Life*, Rick Warren identifies God's five purposes for our lives. They are worship, fellowship, discipleship, ministry, and evangelism. We will focus on one of these purposes in each lesson, and discuss how they relate to the subject of the study. This section is very important, so please be sure to leave time for it.

PRAYER DIRECTION: At the end of each session you will find suggestions for your group prayer time. Praying together is one of the greatest privileges of small group life. Please don't take it for granted.

A Tip for the Host

The study guide material is meant to be your servant, not your master. The point is not to race through the sessions; the point is to take time to let God work in your lives. Nor is it necessary to “go around the circle” before you move on to the next question. Give people the freedom to speak, but don’t insist on it. Your group will enjoy deeper, more open sharing and discussion if people don’t feel pressured to speak up.

How to Use this Interactive Study Guide

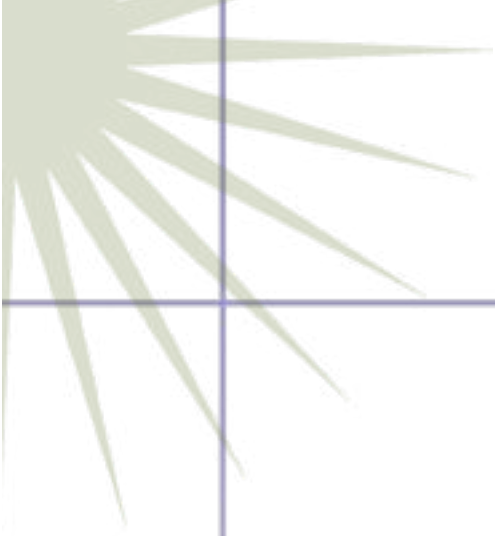
This study guide is designed to be used as a downloaded file on your tablet or phone. You do not need to print it out, unless you want to. Throughout the guide, you will see areas where you can type directly into the guide. There are also convenient links that direct you to external resources including Scripture passages on BibleGateway.com.

HELPFUL TIP

For best experience on Android platforms, please view this interactive study on Adobe Acrobat Reader.







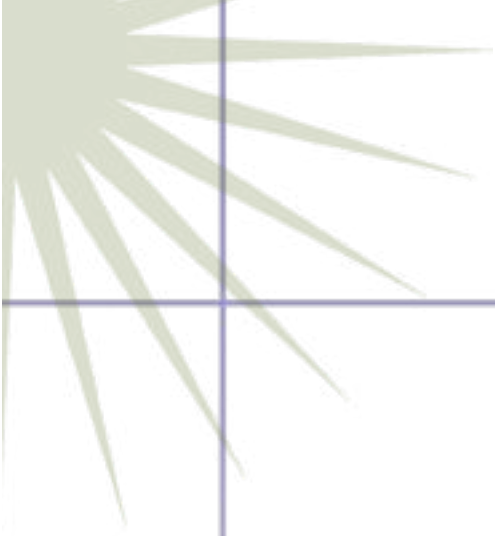
HOW TO USE THIS VIDEO CURRICULUM

Follow these simple steps for a successful small group meeting:

- Open your group meeting by using the **Checking In** sections of your study guide.
- Watch the video lesson together and follow along in the **Video Lesson Outlines** in this study guide. Each video lesson is about fifteen minutes long.

PHILIPPIANS CHAPTER FOUR

- Complete the rest of the discussion materials for each session. Be sure to review the **Living on Purpose** and commit to fulfilling any assignments before your next session.
- Close your time together by following the **Prayer Direction** suggestions.



SESSION 1: JOY IN YOUR RELATIONSHIPS **PHILIPPIANS 4:1–5**

Checking In

1. If this is the first time your group has met, take some time to go around the circle and get to know each other.
2. As we look forward to studying Philippians 4, are there any verses in this chapter that have been especially meaningful to you in your Christian walk?

PHILIPPIANS CHAPTER FOUR

Philippians 4:1-5

Key Verse

Rejoice in the Lord always. I will say it again: Rejoice!

PHILIPPIANS 4:4

Video Lesson Outline

Watch the video lesson now, and take notes in the outline area below. Refer back to the outline during your group discussion.



JOY IN YOUR RELATIONSHIPS

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! PHILIPPIANS 4:1

I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life. PHILIPPIANS 4:2-3 (NIV84)

1. _____ with each other.

When you're struggling in a relationship—look to the

_____ and look to the _____ :

• _____ together

Session 1: Joy in Your Relationships

Philippians 4:1-5

- _____ together

2. _____ each other.

I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life. PHILIPPIANS 4:2-3 (NIV84)

Move from _____ the relationship
to _____ the relationship.

3. _____ with each other.

Let your gentleness be evident to all. The Lord is near.
PHILIPPIANS 4:5

- The key character when a relationship is struggling is _____.
- The key word for gentleness is _____.
- The key motivator for gentleness is: _____.

The key to all of this:

Rejoice in the Lord always. I will say it again: Rejoice!
PHILIPPIANS 4:4

Discovery Questions

1. Why do you think that disagreements with other believers are often so painful?
2. What has helped you to come to a place of agreement with someone even though you see things very differently?
3. Proverbs 15:1 (NLT) says, “A gentle answer deflects anger, but harsh words make tempers flare.” How have you seen the power of gentleness break through when you are in a disagreement with someone?
4. How do you think we can live out the challenging command to “always” rejoice in the Lord?

Living On Purpose

FELLOWSHIP

This study starts with some powerful challenges for living out the purpose of fellowship. This week, ask yourself these two questions:

1. Is there someone that I've had a disagreement with that I need to express love towards in spite of our disagreement?

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2. How could I humbly help someone who is struggling in a relationship to work towards a restoration?

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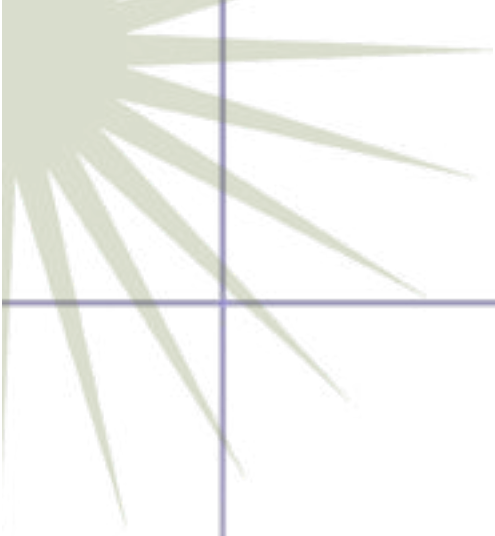
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Prayer Direction

Each week of this study, take some time to pray for an increase of joy for those in your group. This week, pray for each other that God would give joy in your relationships.

Also, take time to share your specific needs with each other and to pray for God to meet those needs.





SESSION 2: JOY IN YOUR FUTURE **PHILIPPIANS 4:6–7**

Checking In

1. What experiences, good or bad, did you have this last week as you sought to set a relationship right with someone, or to help someone else set a relationship right?
2. Would you say that you are someone who worries more about small details or the big picture? The short term or the long term?

Key Verse

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. PHILIPPIANS 4:6 (NIV84)

Video Lesson Outline

Watch the video lesson now, and take notes in the outline area below. Refer back to the outline during your group discussion.



JOY IN YOUR FUTURE

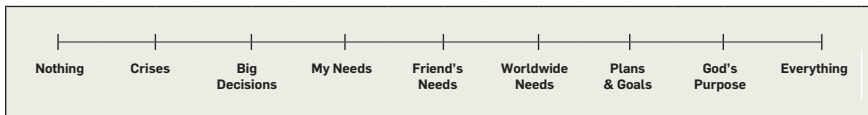
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. PHILIPPIANS 4:6-7 (NIV84)

The principle of anything: _____
_____.

The principle of everything: _____
_____.

Prayer Scale

I pray about . . .



1. _____ to God.

“Prayer is the hand that takes to ourselves
the blessings that God has already provided
in His Son.”

— R. A. Torrey

Words of Encouragement

- Don't let times that you don't get what you expected cause you to miss seeing all of those times when you did get even more than you expected.
- Don't be surprised when God answers in a completely different way than you expected.
- Don't be afraid to ask if there is something in you that's a barrier to the answer that God wants to give.

2. _____ from God.

- **You receive peace not when you _____
the request.**
- **You receive peace when you _____
the request.**

God’s peace is _____.

Discovery Questions

1. What do you find yourself worrying about recently?
2. To encourage each other in the struggle: How have you seen how difficult it can be to set a worry aside even when you are praying?
3. To encourage each other in the victories: How have you seen God help you to set a worry aside as you’ve made a specific request of him?
4. Can you describe what God’s “peace that transcends all understanding” feels like for you?

Living on Purpose

WORSHIP

This week, practice these directions with a specific worry in your life. You might see this as God's prescription for your worry.

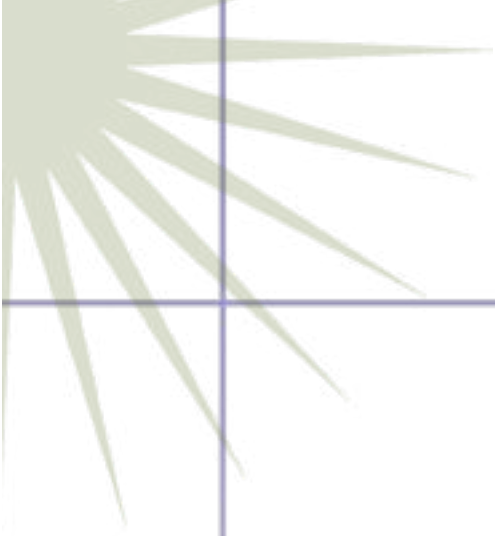
1. Make a specific request of God in the area of your worry.
2. Thank God in advance for his care and for his work to answer your prayer.
3. Focus on God's greater peace as a rock that you can stand on in the midst of the swirl of potential worries around you.

Prayer Direction

This week, pray for each other that God would give joy as you look towards the future, and peace that is greater than any worry.

Also, take time to share your specific needs with each other and to pray for God to meet those needs.





SESSION 3: JOY IN THE EVERYDAY **PHILIPPIANS 4:8–9**

Checking In

1. What was your experience of using God's prescription to pray about your worries this last week? Specifically, how did you experience God's peace?
2. What are the top two or three routine tasks that you hate doing?

PHILIPPIANS CHAPTER FOUR

Philippians 4:8-9

Key Verse

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. PHILIPPIANS 4:8

Video Lesson Outline

Watch the video lesson now, and take notes in the outline area below. Refer back to the outline during your group discussion.



JOY IN THE EVERYDAY

1. Think the right _____.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. PHILIPPIANS 4:8

Think on and weigh and take account of these things.
PHILIPPIANS 4:8b (AMPC)

I am responsible for my _____!

TRUE:	That which will _____ _____
NOBLE:	That which _____ _____
RIGHT:	That being done _____
PURE:	That are worthy of _____ _____
LOVELY:	That which _____ _____
ADMIRABLE:	That which is _____ _____
EXCELLENT:	That which fulfills _____ _____
PRAISEWORTHY:	That which _____ _____

2. Follow the right _____.

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. PHILIPPIANS 4:9 (NIV2011)

**Truth is not something that you just _____
in order to do.**

**Truth is something that you must _____
in order to do!**

The Promise: *The God of peace will be with you.*

“If in the first waking moment of the day you learn to fling the door back and let God in, every public thing will be stamped with the presence of God.”

— Oswald Chambers

Discovery Questions

1. As you look at the list of eight things to think about, which one or two do you feel you need to focus on right now?

.....
.....

2. Focusing on the practical: What are some ideas, habits or actions that help you to turn your thoughts in the right direction?

.....
.....
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3. Who are some of those who have been the right model for you? You might want to take a moment to pray and thank God as a group for these people.

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4. What choices could you make to better be a right model for others?

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Living on Purpose

DISCIPLESHIP

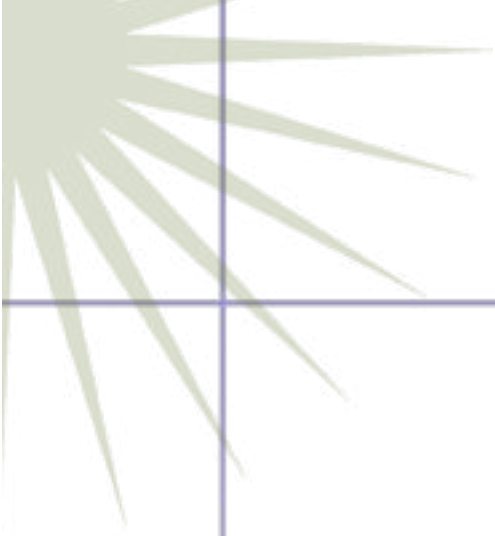
Memorize Philippians 4:8 this week. Focus your mind on the eight qualities God asks us to dwell on as you memorize the verse.

Prayer Direction

This week, pray for each other that God would give joy in your everyday, even in the routine moments of life.

Also, take time to share your specific needs with each other and to pray for God to meet those needs.





SESSION 4: JOY IN YOUR FINANCES

Philippians 4:10–13

Checking In

1. How was memorizing and reviewing Philippians 4:8 a help to you this last week? How has Scripture memorization been a strength to you in your life?
2. What's the first word that comes to your mind in response to the word "Money?"

PHILIPPIANS CHAPTER FOUR

Philippians 4:10-13

Key Verse

I can do everything through him who gives me strength.

PHILIPPIANS 4:13

Video Lesson Outline

Watch the video lesson now, and take notes in the outline area below. Refer back to the outline during your group discussion.



JOY IN YOUR FINANCES

I. Learn to _____

“Don’t always be wishing for what you don’t have. For real life and real living are not related to how rich we are.” LUKE 12:15 (TLB)

Three truths about contentment:

1. It must be _____.

I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

PHILIPPIANS 4:11

2. It is not dependent upon _____.

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. PHILIPPIANS 4:12

Joy is not found in how much you make, it's found in who made you.

But if we have food and clothing, we will be content with that. 1 TIMOTHY 6:8

3. It is dependent upon _____.

I can do everything through him who gives me strength. PHILIPPIANS 4:13 (NIV84)

Joy is not a matter of what I have, but of whose I am.

II. Decide to _____

Three reasons for giving:

1. Give out of _____.

I rejoice greatly in the Lord that at last you have renewed your concern for me. PHILIPPIANS 4:10

- Give when **no one else** gives.

Not one church shared with me in the matter of giving and receiving, except you only. PHILIPPIANS 4:15

- Give **again and again.**

PHILIPPIANS CHAPTER FOUR

Philippians 4:10-13

For even when I was in Thessalonica, you sent me aid again and again when I was in need.

PHILIPPIANS 4:16 (NIV84)

2. Give to _____ .

Not that I am looking for a gift, but I am looking for what may be credited to your account. I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. PHILIPPIANS 4:17-18

3. Give expecting _____ .

And my God will meet all your needs according to his glorious riches in Christ Jesus. PHILIPPIANS 4:19 (NIV84)

The grace of the Lord Jesus Christ be with your spirit. Amen. PHILIPPIANS 4:23

Discovery Questions

1. How could the group be praying for you with a specific financial need or struggle?
2. What are some of the experiences, models or teachings that have helped you to “learn” to be content?
3. Have you experienced the sense of contentment “even when in want” that Paul talks about here? What did that time teach you about your possessions and about God?
4. What is it that motivates you to give out of love?

Living on Purpose

MINISTRY AND EVANGELISM

Do a personal financial review this week.

1. Begin by asking yourself what your level of contentment is right now. Is there some way you need to focus on Christ to raise your level of contentment?

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2. Next, look at how you might better give financially to strengthen the body of Christ in serving the community and reaching out to the world with the good news of Jesus' love.

.....

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.....

Prayer Direction

This week, pray for each other that God would give joy in your finances.

Also, take time to share your specific needs with each other and to pray for God to meet those needs.

Diving Deeper

We encourage you to continue your study of Philippians by visiting **www.DrivetimeDevotions.com**. You will find free audio podcast devotions from Pastor Tom Holladay that will take you through the entire book of Philippians in about ten minutes a day, five days a week, studying one chapter each week. You can listen while you're getting ready in the morning, driving to work, or out for your morning exercise.

You will also find a free discussion guide that your group can use to continue your study of Philippians. Just have your group members listen to *Drivetime Devotions* each day, and then talk about it together in your weekly meetings. It's simple. It's powerful. And it's absolutely free.



SMALLGROUP**RESOURCES**

HELPS FOR HOSTS

TOP TEN IDEAS FOR NEW HOSTS

CONGRATULATIONS! As the host of your small group, you have responded to the call to help shepherd Jesus' flock. Few other tasks in the family of God surpass the contribution you will be making. As you prepare to facilitate your group, whether it is one session or the entire series, here are a few thoughts to keep in mind.

Remember you are not alone. God knows everything about you, and he knew you would be asked to facilitate your group. Even though you may not feel ready, this is common for all good hosts. God promises, *"I will never leave you; I will never abandon you"* (Hebrews 13:5 GNT). Whether you are facilitating for one evening, several weeks, or a lifetime, you will be blessed as you serve.

1. **DON'T TRY TO DO IT ALONE.** Pray right now for God to help you build a healthy team. If you can enlist a co-host to help you shepherd the group, you will find your experience much richer. This is your chance to involve as many people as you can in building a healthy group. All you have to do is ask people to help. You'll be surprised at the response.
2. **BE FRIENDLY AND BE YOURSELF.** God wants to use your unique gifts and temperament. Be sure to greet people at the door with a big smile . . . this can set the mood for the whole gathering. Remember, they are taking as big a step to show up at your house as you are to host a small group! Don't try to do things exactly like another host; do them in a way that fits you. Admit when you don't have an answer and apologize when you make a mistake. Your group will love you for it and you'll sleep better at night.

3. **PREPARE FOR YOUR MEETING AHEAD OF TIME.** Review the session and write down your responses to each question. Pay special attention to the **Living on Purpose** exercises that ask group members to do something other than engage in discussion. These exercises will help your group live what the Bible teaches, not just talk about it.
4. **PRAY FOR YOUR GROUP MEMBERS BY NAME.** Before you begin your session, take a few moments and pray for each member by name. You may want to review the **Small Group Prayer and Praise Report** at least once a week. Ask God to use your time together to touch the heart of each person in your group. Expect God to lead you to whomever he wants you to encourage or challenge in a special way. If you listen, God will surely lead.
5. **WHEN YOU ASK A QUESTION, BE PATIENT.** Someone will eventually respond. Sometimes people need a moment or two of silence to think about the question. If silence doesn't bother you, it won't bother anyone else. After someone responds, affirm the response with a simple "thanks" or "great answer." Then ask, "How about somebody else?" or "Would someone who hasn't shared like to add anything?" Be sensitive to new people or reluctant members who aren't ready to say, pray, or do anything. If you give them a safe setting, they will blossom over time. If someone in your group is a wallflower who sits silently through every session, consider talking to them privately and encouraging them to participate. Let them know how important they are to you—that they are loved and appreciated, and that the group would value their input. Remember, still water often runs deep.

6. **PROVIDE TRANSITIONS BETWEEN QUESTIONS.** Ask if anyone would like to read the paragraph or Bible passage. Don't call on anyone, but ask for a volunteer, and then be patient until someone begins. Be sure to thank the person who reads aloud.
7. **BREAK INTO SMALLER GROUPS OCCASIONALLY.** With a greater opportunity to talk in a small circle, people will connect more with the study, apply more quickly what they're learning, and ultimately get more out of their small group experience. A small circle also encourages a quiet person to participate and tends to minimize the effects of a more vocal or dominant member.
8. **SMALL CIRCLES ARE ALSO HELPFUL DURING PRAYER TIME.** People who are unaccustomed to praying aloud will feel more comfortable trying it with just two or three others. Also, prayer requests won't take as much time, so circles will have more time to actually pray. When you gather back with the whole group, you can have one person from each circle briefly update everyone on the prayer requests from their subgroups. The other great aspect of subgrouping is that it fosters leadership development. As you ask people in the group to facilitate discussion or to lead a prayer circle, it gives them a small leadership step that can build their confidence.
9. **ROTATE FACILITATORS OCCASIONALLY.** You may be perfectly capable of hosting each time, but you will help others grow in their faith and gifts if you give them opportunities to host the group.

10. **ONE FINAL CHALLENGE (FOR NEW OR FIRST-TIME HOSTS).** Before your first opportunity to lead, look up each of the six passages listed below. Read each one as a devotional exercise to help prepare you with a shepherd's heart. Trust us on this one. If you do this, you will be more than ready for your first meeting.

MATTHEW 9:36–38

When Jesus saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

JOHN 10:14–15

“I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep.”

1 PETER 5:2–4

Be shepherds of God's flock that is under your care, serving as overseers—not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve; not lording it over those entrusted to you, but being examples to the flock. And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.

PHILIPPIANS CHAPTER FOUR

PHILIPPIANS 2:1–5 (NIV84)

If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Jesus Christ.

HEBREWS 10:23–25

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

1 THESSALONIANS 2:7–8, 11–12 (NIV84)

But we were gentle among you, like a mother caring for her little children. We loved you so much that we were delighted to share with you not only the Gospel of God but our lives as well, because you had become so dear to us. . . . For you know that we dealt with each of you as a father deals with his own children, encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory.

FREQUENTLY ASKED QUESTIONS

How long will this group meet?

This study is four sessions long. We encourage your group to add a fifth session for a celebration. In your final session, each group member may decide if he or she desires to continue on for another study. At that time you may also want to do some informal evaluation, discuss your group guidelines, and decide which study you want to do next. We recommend you visit our Website at www.saddlebackresources.com for more video-based small group studies.

Who is the host?

The host is the person who coordinates and facilitates your group meetings. In addition to a host, we encourage you to select one or more group members to lead your group discussions. Several other responsibilities can be rotated, including refreshments, prayer requests, worship, or keeping up with those who miss a meeting. Shared ownership in the group helps everybody grow.

Where do we find new group members?

Recruiting new members can be a challenge for groups, especially new groups with just a few people, or existing groups that lose a few people along the way. We encourage you to use the **Circles of Life** diagram on page 43 of this study guide to brainstorm a list of people from your workplace, church, school, neighborhood, family, and so on. Then pray for the people on each member's list. Allow each member to invite several people from their list. Some groups fear that newcomers will interrupt the intimacy that

members have built over time. However, groups that welcome newcomers generally gain strength with the infusion of new blood. Remember, the next person you add just might become a friend for eternity. Logistically, groups find different ways to add members. Some groups remain permanently open, while others choose to open periodically, such as at the beginning or end of a study. If your group becomes too large for easy, face-to-face conversations, you can subgroup, forming a second discussion group in another room.

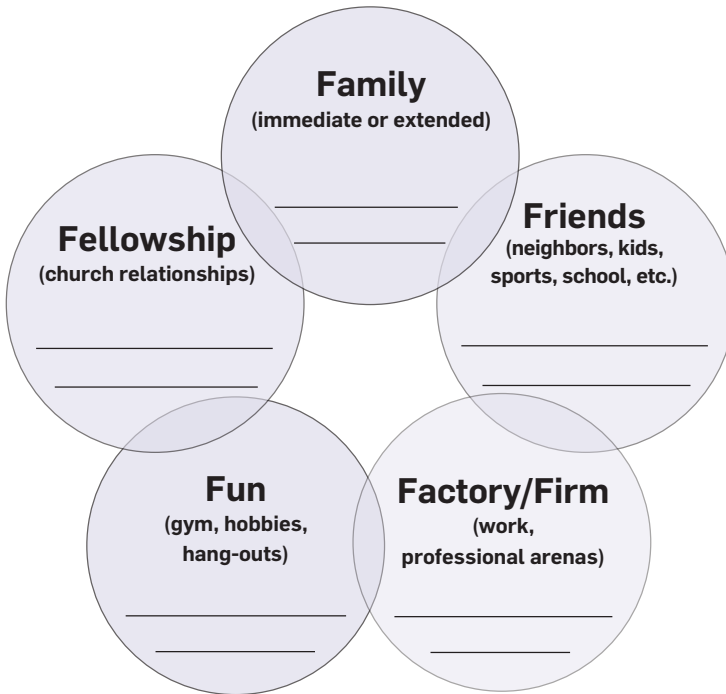
How do we handle the childcare needs in our group?

Childcare needs must be handled very carefully. This is a sensitive issue. We suggest you seek creative solutions as a group. One common solution is to have the adults meet in the living room and share the cost of a baby sitter (or two) who can be with the kids in another part of the house. Another popular option is to have one home for the kids and a second home (close by) for the adults. If desired, the adults could rotate the responsibility of providing a lesson for the kids. This last option is great with school-age kids and can be a huge blessing to families.

CIRCLES OF LIFE **SMALL GROUP CONNECTIONS**

Discover Who You Can Connect in Community

Use this chart to help carry out one of the values in the **Group Guidelines**, to “Welcome Newcomers.”



Follow this simple three-step process:

1. List one to two people in each circle.
2. Prayerfully select one person or couple from your list and tell your group about them.
3. Give them a call and invite them to your next meeting. Over fifty percent of those invited to a small group say, “Yes!”

SMALL GROUP GUIDELINES

It’s a good idea for every group to put words to their shared values, expectations, and commitments. Such guidelines will help you avoid unspoken agendas and unmet expectations. We recommend you discuss your guidelines during Session 1 in order to lay the foundation for a healthy group experience. Feel free to modify anything that does not work for your group.

We agree to the following values:

CLEAR PURPOSE	To grow healthy spiritual lives by building a healthy small group community
GROUP ATTENDANCE	To give priority to the group meeting (call if I am absent or late)
SAFE ENVIRONMENT	To create a safe place where people can be heard and feel loved (no quick answers, snap judgments, or simple fixes)
BE CONFIDENTIAL	To keep anything that is shared strictly confidential and within the group
CONFLICT RESOLUTION	To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15–17
SPIRITUAL HEALTH	To give group members permission to speak into my life and help me live a healthy, balanced spiritual life that is pleasing to God

LIMIT OUR FREEDOM

To limit our freedom by not serving or consuming alcohol during small group meetings or events so as to avoid causing a weaker brother or sister to stumble (1 Corinthians 8:1–13; Romans 14:19–21)

WELCOME NEWCOMERS

To invite friends who might benefit from this study and warmly welcome newcomers

BUILDING RELATIONSHIPS

To get to know the other members of the group and pray for them regularly

OTHER _____

We have also discussed and agree on the following items:

CHILD CARE _____

STARTING TIME _____

ENDING TIME _____

If you haven't already done so, take a few minutes to fill out the **Small Group Calendar** on page 48.

SMALL GROUP
PRAYER AND PRAISE REPORT

This is a place where you can write each other’s requests for prayer. You can also make a note when God answers a prayer. Pray for each other’s requests. If you’re new to group prayer, it’s okay to pray silently or to pray by using just one sentence:

“God, please help _____ to _____.”

Date	Person	Prayer Request	Praise Report

Date	Person	Prayer Request	Praise Report

SMALL GROUP CALENDAR

Healthy groups share responsibilities and group ownership. It might take some time for this to develop. Shared ownership ensures that responsibility for the group doesn’t fall to one person. Use the calendar to keep track of social events, mission projects, birthdays, or days off. Complete this calendar at your first or second meeting. Planning ahead will increase attendance and shared ownership.

Date	Session	Location	Facilitator	Snack/Meal
	1			
	2			
	3			
	4			

MORE STUDIES

GREAT CHAPTERS OF THE BIBLE STUDIES

Taught by Tom Holladay

You can continue diving deeper with your small group with other volumes in the Great Chapters of the Bible series. Join Pastor Tom as he walks through Romans 8, John 15, and Ephesians 1. These studies and more are available at **www.pastors.com**.



PUTTING IT TOGETHER AGAIN WHEN IT'S ALL FALLEN APART

By Tom Holladay

Life crises can throw you into a tail-spin—a lost job, a failed relationship, a struggling business, a financial mess. Where do you start? How do you pull it together? How do you begin again? The task of starting again can seem impossible. And sometimes you just need to rebuild your confidence and regain a sense of purpose. If you're trying to find the emotional energy, but you just don't have it in you, let Pastor Tom encourage you. He understands how difficult and rewarding the business of rebuilding is. This book is your encouraging how-to guide to starting again and stepping into a better future.



To order product or for more information, go to:
www.pastors.com

ANSWER KEY

SESSION 1

1. AGREE with each other.

When you're struggling in a relationship—look to the PAST and look to the FUTURE:

- PAST MINISTRY together
- FUTURE ETERNITY together

2. HELP each other.

Move from FIGHTING IN the relationship to FIGHTING FOR the relationship.

3. BE GENTLE with each other.

- The key character when a relationship is struggling is GENTLENESS.
- The key word for gentleness is EVIDENT.
- The key motivator for gentleness is: THE LORD IS NEAR.

SESSION 2

The principle of anything: DON'T WORRY ABOUT ANYTHING.

The principle of everything: PRAY ABOUT EVERYTHING

1. MAKE REQUESTS to God.
2. RECEIVE PEACE from God.

- You receive peace not when you GET the request.
- You receive peace when you MAKE the request.

God's peace is POWERFUL.

SESSION 3

1. Think the right THOUGHTS.

TRUE: That which will NOT LET YOU DOWN

NOBLE: That which LIFTS YOUR EYES UP

RIGHT: That being done GOD'S WAY

PURE: That are worthy of GOD'S PRESENCE

LOVELY: That which MOTIVATES LOVE

ADMIRABLE: That which is BEST IN PEOPLE

EXCELLENT: That which fulfills GOD'S PURPOSE

PRAISEWORTHY: That which GOD APPLAUDS

I am responsible for
my THOUGHTS!

2. Follow the right MODEL.

Truth is not something that you
just KNOW in order to do.

Truth is something that you
must FOLLOW in order to do!

SESSION 4

I. Learn to BE CONTENT.

1. It must be LEARNED.
2. It is not dependent upon CIRCUMSTANCES.
3. It is dependent upon CHRIST.

II. Decide to GIVE.

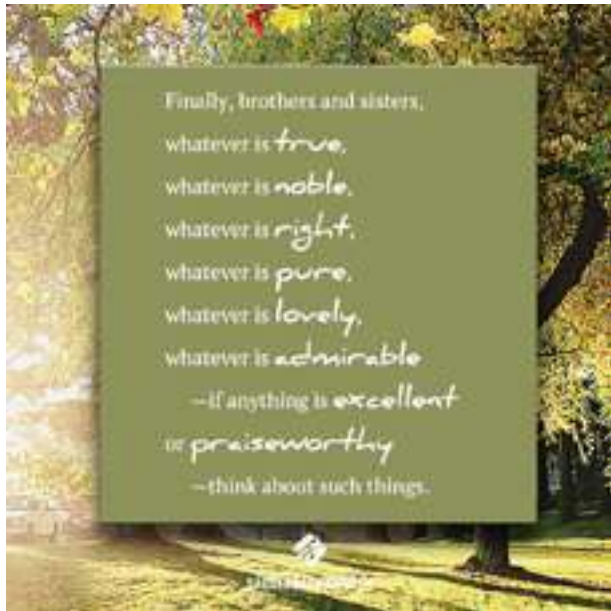
1. Give out of LOVE.
2. Give to GOD.
3. Give expecting GOD'S BLESSINGS.



KEY VERSES

Feel free to save these key verse images to share on your social platforms or as a lock screen on your handheld device.





PHILIPPIANS CHAPTER FOUR

How God Gives You Joy

Session 1: Joy in Your Relationships

Session 2: Joy in Your Future

Session 3: Joy in the Everyday

Session 4: Joy in Your Finances

Great Chapters of the Bible is a video-based, small group series that will take your group in a verse-by-verse study through some of the most life-changing truths in God's Word.

There are certain chapters of the Bible—some more than others—that speak to our hearts and minds in an especially deep way. Each volume in this series goes deep into one chapter to draw out the life change that awaits us in these great passages.



Tom Holladay

PHILIPPIANS CHAPTER FOUR is filled with verses that are familiar to us:

- Rejoice in the Lord always. (verse 4)
- Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (verse 6)
- I can do all things through Christ who strengthens me. (verse 13)

These verses focus on how to experience God's joy in the midst of the realities of life. In this study, you'll have the opportunity to see how the very things that try to steal our joy are the very places that God wants to work to give us joy. In a world where there are too many fake smiles, your group will have the opportunity to encourage each other towards real joy.

