



Christ is Life: Fights, Faith & Prayer

Philippians 4:1-7

Read Philippians 4:1-7 together:

“Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Stand Firm by Standing Together:

- ? What does unhealthy conflict look like in the Church? What does the text say about solving unhealthy conflict?
- ? Is there such a thing as healthy conflict? Why or why not?
- ? What does it mean to be united in the Lord? How can this perspective help us solve conflict?
- ? Read Revelation 20:15. What is the book of life? How does one know if you're in the book of life or not? How does this relate to the Philippians passage?

Steps to Navigate Conflict Well:

1. Get on our knees and pray. – How does prayer help us navigate conflict?
2. Guard our words. – There's an old saying that goes like this: *“Sticks and stones can break my bones but words will never hurt me.”* Is this statement really true? Why or why not?
3. Go to the source. – Why is gossip so destructive when dealing with conflict?
4. Go with grace. – What is grace? Why is grace necessary when dealing with conflict? Does grace excuse the behavior? Why or why not?
5. Get a go-between. – How can a third-party mediator help solve conflict? What can a mediator do that those in the middle of conflict cannot?

Stand Firm by Resting and Rejoicing in the Lord:

- ? How can one rejoice amidst brutal circumstances? What did Pastor Deven mean when he said, "*Joy is not a feeling*"? If it's not a feeling, then what is it and how does one gain it?
- ? What does the phrase "*the Lord is at hand*" mean? How can knowing this help us in our reasonableness?
- ? Is it a sin to be anxious? Why or why not? How does prayer ease anxiety? What is going on if prayer is not easing anxiety?
- ? Why is peace so elusive? As a believer, what is happening if one cannot seem to find peace?