

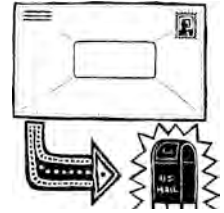
Book of Philippians

Study #7



You're in the homestretch... you're on the last chapter in Philippians. Take 5 minutes as a group and flip through the first three chapters – **what have been the highlights so far?**

We're getting near the end of Paul's letter. How do letters normally end? Together, read **Philippians 4:1-9** out loud. Paul is closing up his letter to the faithful Christians in Philippi, and is giving some parting words of advice. **What statements of advice do you see here?**



* _____	* _____
* _____	* _____
* _____	* _____
* _____	* _____

Be silent and look over this list. **Which one stands out most to you? How do you need to act on it?**

On a scale of 1 (weak sauce) to 10 (rock on!), how are you at rejoicing in the Lord *always*? Be honest. What could that approach to life look like on a daily basis?

Find a big **BAG** or **PILLOWCASE**. Go to the kitchen and fill the bag with as many cans as possible, or go into a room with lots of books, and fill the bag. Either stand in a circle, and see how many times you can pass the bag around without getting tired, or even better, go outside and try to carry it around the block. Why is this difficult?

Look again at **verse 6**. Silently, as a group, write down your burdens on some cards. Take out the books or the cans and place these cards in the bag. Then take some time to ask God to help you let go of your burdens, and invite HIM to carry them instead.



Let's face it. Verse 8 is **HARD TO DO!!** We love to complain, put others down, talk about others, and just be generally pooppy ☹ Does this need to change in your life? How can the group help you with this? How can you work on it as a group?

Each person write down Philippians 4:8 on a card. Share where you are going to post that card this week to keep thinking about this.