

LIFE GROUP QUESTIONS

WEEK OF FEBRUARY 14, 2016

CURRENT SERIES: FINDING JOY
PHILIPPIANS 4:2-7

Icebreaker: We are all looking for peace and comfort in this life. What are some things that you find calm you down or bring temporary comfort?

1. **Resolve Conflict (v 2,3).** Conflict between believers is a poor testimony to the world around us and also an impediment to the work that the church is to do. *Is there someone that you need to seek forgiveness from and move towards reconciliation with? Is the offense something that needs to be "covered over" or confronted?*

2. **Reject Grumpiness (v 4).** We are called to rejoice always as a pattern of our life. Look back at the last week and see what things caused you "not to rejoice". Share with the group the common things that "trip you up" in your quest for daily rejoicing.

3. **Remove Unreasonableness (v 5).** Unreasonableness is a rigidity about things that are not eternal in nature. Its a "my way or the highway attitude". *Why is unreasonableness destructive to having peace of mind? What are some ways that you can remove unreasonableness from your life? What does a spirit of unreasonableness reveal about your view of God?*

4. **Reroute Fear/Anxiety/ Worry (v 6,7).** We can all become world class worries. We can worry and then start worrying about our worries and then worry about the fact that we are worrying about our worries. *What does worry reveal about your heart? What things are you often worried about? What are some passages in the Scripture that directly confront the worries that we may have in this life?* (Please safer with the group)

Possible Breakout Questions:

Which area listed above are you working on growing in currently?
How can the group help you to grow in this area?