



RESILIENT

JOY

A STUDY IN THE BOOK OF PHILIPPIANS

SERMON NOTES RESTORING BROKEN RELATIONSHIPS

Philippians 4:1-3

“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! I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.” (Philippians 4:1-3)

When conflict comes up, we can be committed to being polite, or committed to unity with our brothers and sisters in Christ. We cannot be committed to both.

Option 1: We can eat each other

*“... if you continually **bite** and **devour** one another, beware that you are not **consumed** by one another.” (Galatians 5:15, NET)*

Option 2: We can make every effort to keep the unity of the Spirit

...“with all humility and gentleness, with patience, putting up with one another in love, making every effort to keep the unity of the Spirit in the bond of peace.” (Ephesians 4:2-3, NET)



RESILIENT JOY

WEEK TEN DEVOTIONAL

OVERVIEW OF THE PASSAGE

Broken relationships can complicate our lives and drain our joy. Not surprisingly, in his letter to the Philippians, Paul addresses a conflict within the church head-on. He challenges those involved to develop a gospel-shaped perspective, to take responsibility, and to engage the issue constructively. In this message, we will talk about working through interpersonal conflict and handling it well.

FAMILY TALK

(Use these questions to prompt conversation with your family after the sermon.)

1. How does conflict start in your life? What is your go-to response in conflict: sarcasm, passive aggressiveness, directness, shutting down, fixing the problem, etc.?
2. Is it okay to have conflict? What is the difference between healthy and unhealthy conflict?
3. How do you tend to resolve conflict in your life?
4. How can you make every effort to foster unity with others in your life (Ephesians 4:2-3)?
5. How could you improve your relationships this week? Take some time and pray for the people that you have conflict with.
6. How can you live in unity practically this week in your relationships? What are some ways you could elevate Christ over yourself in your thoughts, actions, and relationships?

GOING DEEPER / PERSONAL DEVOTIONS

The "Going Deeper" devotional that accompanies the sermon series provides questions for study, reflection, and application. Plan to take several days to answer the questions giving you more time to process and integrate the passage into your life in a more meaningful way.

Background to the Study:

View the Bible Project overview on Philippians to get a better idea of the content of the book.
<https://bibleproject.com/explore/philippians/>

Philippians 4:1-3

Read the passage and highlight the words or phrases that impacted you the most. Take time to reflect on those words and ask the Spirit to show you what he is revealing to you from this time in the word.

Information Questions:

1. To what does the word “therefore” refer in verse one?
2. What is Paul’s joy and crown? Why does Paul tell them to stand firm in the Lord and not to just stand firm?
3. Why is it so important to Paul that the issue between Euodia and Syntyche get resolved?

Reflective Questions

1. Paul states that he loves and longs for his brothers and sisters because they are his joy and crown. Think about the way you view people in the body of Christ at Hershey Free. Would you speak about the people at Hershey Free in the same way?
2. What do you think was the impact of the disagreement of Euodia and Syntyche on the Philippian church? How do you think disagreement and conflict impact the church today?
3. Is there someone with whom you’ve had a serious disagreement? Reflect on the teachings in this passage and think about how you can respond in a manner similar to Paul’s request.

Application Questions

1. Think about or write down the names of people with whom you disagree or struggle to value. Instead of being critical or judgmental, pray a prayer of blessing for them.
2. Take time this week to build a bridge with someone who is different than you or with whom you disagree.
3. Pay special attention this week to the way that you speak to people when they frustrate you or annoy you. Intentionally act and speak with grace when you’re tempted to defend yourself instead of listening.



GROUP DISCUSSION QUESTIONS

1. Why do you think Paul makes such a public display of these women? Why is he so concerned for unity in the Philippian church?
2. What is the basis of Paul's appeal to these women? Why might it be significant that they each labored with Paul or that their names are in the book of life?
3. What are ways that people undercut and "devour" one another?
4. How does disagreement and conflict in one part of the body impact the whole body?
5. How does passive-aggressive behavior devalue people and deny their value as image bearers?
6. Agree or disagree. You can't take church seriously until you take conflict seriously and learn to listen and care for one another.

**IF YOU HAVE TIME, PREPARE YOUR HEART FOR WORSHIP
ON JULY 26 BY READING PHILIPPIANS 4:4-9.**