

Read Philippians 4v4-9

Let your gentleness be evident to all. The Lord is near.

How would you describe 'gentleness' to someone?

What does gentleness look like when it's lived out in our relationships?

Why do you suppose Paul is encouraging his friends in Philippi to be gentle?

How would you describe revenge / retaliation to someone?

What do these kind of actions lead us to in our relationships?

Respond to these comments.....

'Before you embark on a journey of revenge, dig two graves.'

'An eye for an eye only ends up making the whole world blind.'

We know that revenge and retaliation are not good for relationships, but how do these things affect us?

Respond to this statement.....

Revenge won't make you feel better. In fact, it's almost guaranteed to make you feel worse. Agree or Disagree? Explain your answer

What are some healthier responses and actions that we as Christ followers could put into practice? (*as opposed to revenge and retaliation*)

Remember - this takes a lot of humility and practice

‘.....but in every situation, by prayer and petition, with thanksgiving, present your requests to God.’

I don't think Paul is just giving us a formula here on how to pray. I think he is inviting us to open ourselves up to God.

How do you go about opening yourself up to receive from God?
What practices have helped you?

Explore this with one another

‘And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.’

How exactly does the peace of God guard our hearts and minds?

Hold on to this promise!

Grace and Peace to you my friends.