

ST. BARNABAS CHURCH, SWANLAND
SMALL GROUP NOTES - Sharing Christ through friendship

w/b 15 March 2015 – Lent 4 – Readings: Philippians 4:1-9 (+ Matt. 7:1-6)
A life worth living (8) – New resources (based on Nicky Gumbel’s book/ course)

Welcome/ icebreaker	Are you currently learning a new skill or ability? If not, what ability that you developed earlier in life are you now really glad to have acquired?
Worship	Suggestions for songs: - 89 Faithful One; 419 O let the Son of God; 423 O Lord hear my prayer; 483 Restore, O Lord; 1069 To be in your presence.
Word (refs.↓)	<u>A life worth living</u> <ul style="list-style-type: none"> • NB Sermon from Sunday’s service available to listen to on www.stbchurch.org.uk • For further study, why not watch Nicky Gumbel’s talk on this passage as part of the ‘Life worth Living’ Alpha follow-up course – now available online at http://youtu.be/3RJBQTKJNzs (or on video from the office)
Phil. 4:1-9	Here Paul outlines 4 key resources to help us develop the ability to ‘stand firm’ (v.1): <ul style="list-style-type: none"> ○ Build good relationships with other Christians ○ Build a good relationship with God through Jesus ○ Build a good thought life ○ Build on the good examples of other Christians
Phil 4:2-3/ Matt. 7:1-6	<ul style="list-style-type: none"> • 1) Build good relationships with other Christians - The two ladies mentioned here have fallen out with each other. Why might this be? - opposition to the gospel, doctrinal error, personality, disagreement over a minor issue in the church? How does Paul propose a reconciliation? How does Jesus’ teaching in Matt. 7 help us as we seek to be reconciled with those with whom we might have a difficult relationship?
Phil 4:4-7	<ul style="list-style-type: none"> • 2) Build a good relationship with God through Jesus (this is foundational) Nicky Gumbel suggests 3 key ways this can happen: <ul style="list-style-type: none"> ○ a) <u>Enjoy</u> the Lord (v.4). Is it right to rejoice ‘always’, regardless of the circumstance of our lives? What (or whom) do we rejoice in? ○ b) <u>Expect</u> the Lord (v.5). What difference should it make to our character and behaviour to know that Jesus is both ‘near’ (by his Spirit) and coming again ‘soon’? ○ c) <u>Entreat</u> the Lord (vv.6-7). Can you share examples of how prayer has led to God’s peace for you, instead of anxiety?
Phil 4:8	<ul style="list-style-type: none"> • 3) Build a good thought life – feeding on healthy ‘brain-food’. Where is the primary our focus of our thinking? How can we train ourselves to think more ‘Christian-ly’, and how might this affect our daily living? Take time this week to read the Church of England Bishop’s pastoral letter re. the upcoming General Election, which has Phil. 4:8 as its ‘text’ (link below*).
Phil 4:9	<ul style="list-style-type: none"> • 4) Build on the good examples of other Christians – learn from godly models. Paul says to use his lifestyle as an example. Who are your models for Christian living and how has their example helped you to ‘stand firm’?
Witness/ Group life	<ul style="list-style-type: none"> ➤ Pray for your mission link and others whom God brings to mind today ➤ Consider inviting friends/ family who aren’t yet Christians to a get-together over Easter (NB Easter Day <i>refresh</i> service with communion at 10.30am)

*<https://www.churchofengland.org/media/2170230/whoismyneighbour-pages.pdf>