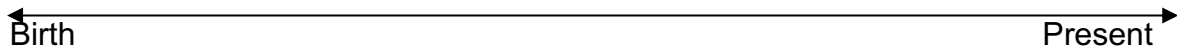


SCC Small Group Discussion Renovations: The Living Room

Derived from a sermon on May 3, 2026 by Dr. Jeff Chandler

Getting Started:

Draw a time-line showing the periods of greatest stress in your life from birth to the present. Summarize briefly with the group how the periods of greatest stress (and resulting lack of peace) have affected you.



Searching the Scriptures:

Read Philippians 4:2-9

1. In verses 2-3, two followers of Christ who had contended for the gospel at Paul's side were now fighting with each other. Paul was calling them to "agree in the Lord". What is the relational fallout for these kind of disagreements?

Has an interpersonal conflict in the church ever affected you personally?

2. The word "gentleness" in verse 5 can be translated as courtesy, forbearing, agreeableness, graciousness, or reasonableness. Can you recall a time when someone has been gentle toward you after a disagreement or disappointment? How did it affect your feeling toward them?

In addition to relational stress, we can often get upset by our circumstances. From verses 6-7, we see Paul's way of dealing with lack of peace:

- Worry about nothing
- Pray about everything
- Thank God for all things

3. Which of these is easiest for you to do? Which is most difficult for you?

4. Describe a time when you prayerfully surrendered a tough situation to God and experienced a clear sense of Gods' peace.

5. What is one situation in your life that is presently causing anxiety or tension? How can your small group members support you through it?

6. In verse 8 Paul gives us a list of eight things that should be the focal point of our thought life. Why are each of these important?

7. Have you ever overcome an anxious thought by remembering and applying a truth from the Bible? Can you think of a recent example?

8. We've talked about working out disagreements, trusting God through circumstances, and focusing on the helpful and positive – which of these would most restore your peace right now?

Application

Make a list of concerns and pray through them, at the end express your thankfulness for all God is doing in your life.

List all the positive things you tend to focus on and the negative ones. How many of the negative ones are giving you a lack of peace?

Get discussion questions in word format & link to Bible App plan for this week at www.sequimcommunitychurch.org/downloads