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Community Group Questions

Sermon Series: Find Rest

Week of July 27th, 2025
Sermon Text: Philippians 4:4-9

Preparation for your Group:

As you listen to the sermon, consider these questions in preparation for your group meeting:

What? What is the main point of the text?

So what? How does this text apply to your life?

Do what? How will you obey the teaching of this text?

****The “What? So what? Do what?” question structure is taken from Eddie Mosley’s video Sermon-Based Studies, RightNow Media**

Open In Prayer. Opening Questions: How would you summarize/paraphrase the message in your own words? What point/idea resonated most with you? Why? Did you disagree with something said, or what do you think should have been added or expanded on?

Opening Question: *What stood out from Pastor Ryan’s message from this text?*

Do you think there is a difference between happiness and joy? If so, how do you distinguish between the two? Describe a time in your life when you experienced joy.

Why does Paul call the Philippians to rejoice in the midst of difficulty? What steps can we take to cultivate a spirit of rejoicing in our daily lives, even amid challenges?

How does coming to God in prayer and praise help relieve anxiety?

What kind of worldly noise do you find yourself being distracted by in these days? How do these things contribute to anxiety?

How do you interpret Paul’s emphasis on thought control (v. 8-9) for our mental and spiritual health?

What does the peace of God, which surpasses all understanding, mean to you personally?

What are some concrete ways you can align your thoughts with the virtues listed in verse 8?

What is the result of applying these lessons Paul is teaching us in this portion of Scripture?

How have you been able to find rest in Jesus throughout this sermon series?