

Let The Bodies Hit the Floor

2025-10-26 • PASTOR MATT ROSE



Philippians 4

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

Two women in the Philippian church could not get along. Paul did something startling about it: he named them, Euodia and Syntyche, in a letter that was read aloud to the whole church. Unity mattered enough to embarrass over. Pastor Matt walked through what follows, and treated it as a sequence rather than a list. Rejoice in the Lord. Stay gentle. Trade your anxiety for prayer, and the peace of God will guard your heart. Then deliberately fill your mind with whatever is true, noble, right, pure, and lovely. Peace is not an accident. It is a practice.

To get started

- Think of a disagreement you watched get resolved well. What made the difference?

Looking back at the message

That two names are in Scripture forever is the hook. Start there.

- 1 Two women's disagreement ended up in a letter read to the whole church, and two thousand years later, to us. What do you make of Paul doing that?
- 2 Pastor Matt said love for another person outranks whatever offense you are carrying. Why is that so hard to accept in the moment?
- 3 Pastor Matt named politics directly as one of the things Christians let divide them. What did you think of him saying that from the stage? OPTIONAL

Looking at the passage

Read Philippians 4:1-9 aloud. Notice the instructions come after the conflict is named.

- 4 Read Philippians 4:2-3. What does Paul ask of the two women, and what does he ask of everyone around them?
- 5 Paul says these two women contended at his side for the gospel. What does it tell you that even gospel partners can end up divided?
- 6 Read verses 4-7 as a sequence: rejoice, be gentle, pray instead of worrying. What is promised at the end of the sequence?
- 7 Verse 8 lists what to think about: whatever is true, noble, right, pure, lovely. Is that a nice suggestion or a command?

Bringing it home

Nobody should name a person in the room. Keep it about the pattern.

- 8 Notice that Paul never says which woman is right. Why do you think he leaves that out?
- 9 Verse 6 says to put prayer where the anxiety was. What does that swap actually look like when you are genuinely worried?
- 10 When you are offended, what does your mind replay? How does that compare to the verse 8 list?
- 11 Is there a relationship where you have been waiting for the other person to move first?

OPTIONAL

The group together

Paul asks a third party to help. That is the group's role here.

- 12 Paul asks a third person to help these two women reconcile. When is it right to step into someone else's conflict?
- 13 What would make this group a place where a disagreement could be worked out instead of avoided?
- 14 How can we disagree about something real in this room and still be glad to see each other next week?

BEFORE YOU FINISH

Is there someone you need to be of the same mind with, and what would the first move be?

You might pray about

- For two people somewhere who need to be reconciled
- For gentleness when we are certain we are right
- For anxiety handed over rather than carried
- For minds filled with something better than the argument