

# Small Group Discussion Questions

Series: Choosing Joy

Speaker: Jay Haugh

Message: The Secret Sauce to Strength

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## **Memory Verse:** Philippians 4:8 NIV

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

*The goal of these questions is to foster meaningful discussion and to encourage participants to reflect on God's Word and lead to heart transformation. Feel free to modify or expand upon these questions based on the dynamics and needs of your Small Group.*

**Big Idea:** Fix your mind on Jesus because He provides an all-surpassing peace.

## **Read Philippians 4**

1. Even those who have worked together for the cause of Christ can have disagreements, but there should still be unity in Christ (v 2). In what ways can conflict impact more than the two who are in conflict? Why is a church warring with itself in danger of losing its standing in the community? What examples do we see from Scripture on how to engage with conflict?
2. Paul wrote this while under house arrest and facing a potential death sentence. Even through his circumstances he emphatically directs believers to rejoice always (v 4). When remembering his circumstances, how does this change the way you hear his command to rejoice? For you is rejoicing difficult because it is easy to forget or because it is hard to do?
3. Paul calls us away from anxiety and toward prayer ( v 6). How does anxiety affect your view of God, yourself or others? When Paul directs us to "not be anxious about anything," does this mean that feeling anxiety is a sin (see also Matthew 6:25-34)? How does looking backward at God's past faithfulness (thanksgiving) give us the confidence to look forward at our future needs?



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4. God's peace will guard your hearts and minds, like a garrison of soldiers (v 7). What is one recurring lie about God or yourself that tends to breach your defenses (ex: "God is disappointed in me" or "I am not loved")? As a group take a moment to discuss Scripture that speaks truth against that lie that can act as the armor for these specific lies.
  
5. Paul provides a "thought filter" that challenges what we spend time consuming (v 8). What dominates your thoughts most these days? Does it align with this list? How does what we consume (media, conversations, etc.) influence and shape our minds? What's one shift you could make to focus more on godly thinking?
  
6. In all circumstances, Paul has learned to be content (v 12). What makes contentment difficult in our culture today? When things are going well, we often credit our own hard work. How do times of plenty tempt us to lose sight of God? Paul gives the impression that contentment is learned. How can we learn to grow in contentment?
  
7. Old Testament sacrificial language is used to describe the Philippians financial offering as an act of worship (v 18). Paul says the gift was "pleasing to God." When we give to the church or a missionary, we often focus on how it helps *them*. How does it change your motivation to realize that the primary audience of your gift is actually God Himself? When we give sacrificially, not out of surplus, how does this shape our heart? If you viewed your next act of generosity (whether money, time, or service) as a "sacrifice on an altar," how would your attitude during that act change?
  
8. Our purpose is always to bring glory to God not to ourselves (v 20). How is God glorified through our actions? Based on this chapter alone, what are some ways we can glorify God? When have you seen someone clearly elevate God and bring Him glory? What made that so powerful?



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