SESSION 3

SMALL GROUP GUIDE

SMALL GROUP A Strong Life

Getting Started

Welcome to session three! Our goal is to shift our understanding and attitudes towards life's challenges and live from God's perspective. This week, we're going to find a supernatural source of strength. Let's start with these questions:

- Have you ever tried to look strong but ended up looking silly instead? Share.
- Have you ever felt overwhelmed by life's negative circumstances and thought about giving up?

Watch The Lesson

Next is a space for notes, questions, and thoughts you want to share or remember. After watching the video, have someone read the lesson's discussion questions, then you can discuss them as a group. Remember to give everyone in the group an opportunity to share.

SESSION 3 Video Notes

2 Peter 1:3: *His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.*

Four Things that Will Help You Shift Your Perspective From, "It's Happening to Me" to, "It's Happening For Me":

1. Be _____.

Philippians 1:12: *But I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel.*

2. Live _____.

Philippians 1:18: *But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice.*

3. Maintain _____.

Philippians 1:19-26: *for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. 20 I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. 21 For to me, to live is Christ and to die is gain. 22 If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far; 24 but it is more necessary for you that I remain in the body. 25 Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, 26 so that through my being with you again your boasting in Christ Jesus will abound on account of me.*

4. Stand in _____.

Philippians 1:27: *Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel*

Answer key: 1. positive, 2. purposeful, 3. perspective, 4. Christ's power.

LET'S DISCUSS

In this section, talk about how you will apply the wisdom you have learned from the weekend message and small group study. Then discuss practical steps you can take to live out what you've learned.

Read **Philippians 1:12** as a group:

> *Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel.*

1. What does this verse reveal about Paul's attitude toward challenges?

2. How can we adopt a similar perspective, viewing our hardships as opportunities for growth and reaching others?

3. Have there been instances in your life where a difficult situation resulted in unexpected blessings or lessons?

4. Reflecting on Paul's experiences and teachings, how can we better align our focus on Christ rather than on our temporary discomforts and challenges?

5. How does our relationship with Jesus affect our view of negative circumstances?

Read **Philippians 1:19-26** as a group:

> *for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. 20 I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. 21 For to me, to live is Christ and to die is gain. 22 If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far; 24 but it is more necessary for you that I remain in the body. 25 Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, 26 so that through my being with you again your boasting in Christ Jesus will abound on account of me.*

6. Discuss the concept of “To live is Christ…” How does this statement apply to our daily choices, actions, and attitudes?

7. How does Paul’s perspective on life and death challenge our way of thinking?

8. How can we shift our minds to make choices based on the eternal instead of the temporary?

9. What areas of your life do you feel the most weak and why?

10. What does **2 Peter 1:3** mean when it says God has given us everything we need for life and godliness?

    His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

11. In what ways can you have a more positive attitude and mindset when you face adversity?

GET INTO ACTION

What are three tools or truths you took away from this session?

1. _____

2. _____

3. _____

What is the main thing you believe God wants you to apply?

_____

_____

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_____

GO TO GOD

Our world is ever-changing, but God remains our unchanging anchor. Embracing His eternal perspective can transform our fleeting frustrations into lasting lessons.

During this time:

1. Open up about the areas in your life where you've felt overwhelmed by challenges, seeking the group's support and prayers.

2. Intercede for those facing adversity, keeping specific prayer requests in mind to uphold them throughout the week.

3. Celebrate the victories, both big and small, that God has brought into your life. What instances remind you of God's unwavering love and faithfulness?

PRAYER AND PRAISE

Give each person a chance to share prayer requests and praise reports. Write your personal prayer requests and take notes on how you can pray for each other.