

Weekly 4G Guide

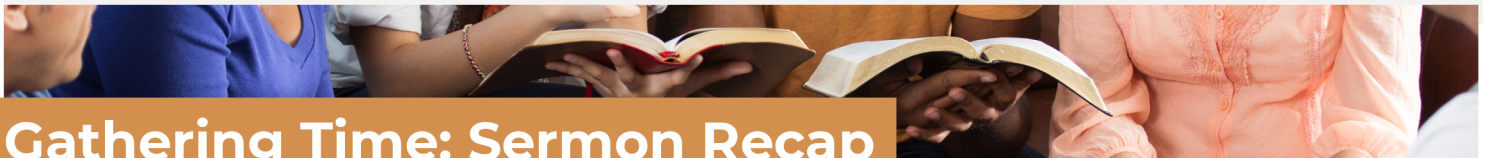
How to Use This Guide:

- **Read the Sermon Recap** by yourself (for devotions) or with your group. You can also watch the sermon on YouTube @CBCFamily.
- **Read the passage/s.** Look for truths, promises, and/or commands. Try to find the “who, what, when, where, why, and how.”
- **Group Time:** First, take turns reading the Scripture passage/s from the sermon, round-robin style, letting each person read one verse. Go around the circle until the whole passage has been read. Then, **utilize the Group Time** portion of this 4G Guide.

What's a 4G? A guide that covers:

1. Gathering Time (Sunday morning)
2. Group Time (for group meetings)
3. God Times (personal and family devotions)
4. Give Time (a prompt for reflection)

- **Personal God Time:** Use these each day to dive into the passages further and challenge yourself to apply the texts.
- **Family God Time:** Use these each week to dive into the passages with your family.
- **Give Time:** Ask your group, yourself, or your family what might be a good response to the sermon or text? How are you inspired to give of your time, talent, or treasure?



Gathering Time: Sermon Recap

I Can Do All Things...

This week, we had the pleasure of hearing from Rob Satterfield from Oak Hill Baptist Church. He preached an encouraging message from **Philippians 4** and **Matthew 7:21-29**.

The short Book of Philippians is packed with encouragement for Believers. When Paul wrote to the Christian church of Philippi, he wanted to remind them that salvation is by faith in Jesus; it is not achieved by good works or obedience to the Old Testament laws. In the first three chapters of this four chapter book, Paul reminds them to share Jesus wherever they are and despite their circumstances. He also explains that Christians will suffer, but the reward in heaven will be worth it. Paul goes on to warn that false teachers exist; Believers should guard against them, pressing on toward Jesus—even when things are hard. He also tells the Believers that since they know Jesus, their true citizenship is in heaven. What appropriate truths for us to know today!

Knowing Jesus as Lord and Savior means that Believers will respond to that relationship with obedience and maturing faith. While Christians don't believe that obedience earns our salvation, we obey because it is a loving response to a saving God! Like the church at Philippi, we too must stand firm in both faith and obedience. After all, we should hear God's words and do them (Mt 7:21-29).

It's easy to let our circumstances affect our actions, becoming anxious and emotionally charged. Instead, we must stand firm, be reasonable, trust in God, and focus on what is true, honorable, just, pure, lovely, admirable, excellent, and praiseworthy. If or when we don't, we must recenter and focus on Jesus! This refocusing helps us be content. It may seem hard, but we can do all of these things because Christ strengthens us! (Php 4:13)

Do you trust God and have peace? Are you encouraging others and sharing Jesus? You can do all these things because Christ gives you strength! Stand firm and focus on Him!

Group Time: Questions

Conversation Starter

Ask: How do thoughts affect actions? If you set your mind on positive thoughts, what happens?

Discussion Questions

Choose a track, mix and match, or do them all.

- **Track 1:** After hearing the message, what is the context of Philippians 4:13?
- What did Rob say is the big picture of Philippians chapter 4? Why was Paul writing? What was going on that he needed to address?
- How does seeing the big picture of Philippians help you to understand chapter 4?

- **Track 2:** Philippians 4 has a lot of encouragement for Believers. Why are rejoicing and reasonableness so important? (vv 4-5)
- Verses 6-9 offer an antidote to anxiety. How?
- Why do you think contentment is so important for Christians? What might it show the world?

- **Track 3:** What verses from Philippians 4 most resonated with or convicted you?
- What do you plan to do as a response? When will you do it?
- Note the things in Philippians 4 that are done as a group. What can/should we do together?



God Time: Personal

Use the sermon notes from our Gathering Time this week for your personal time with God. Use a spare notebook or your favorite device to journal your responses. Include prayer and application in your time with God!

- **Monday:** Read Mt 7:21-29 and Php 4:1-3 and What stands out? How are these passages connected?
- **Tuesday:** Read Php 4:4-7. What stands out? Try to memorize verse 6.
- **Wednesday:** Read Php 4:8-9. Rob said that Jesus fits the requirements of verse 8. How is He an antidote to anxiety and worry?
- **Thursday:** Read Php 4:10-13. In what ways are you discontent? (Give it to God.) Verse 13 is often taken out of context. What are the “all things” that Paul is talking about?
- **Friday:** Read Php 4:14-20. What stands out to you? The Philippian church was a giving, gospel focused church. What ministry is God asking you to share in, support, or partner with? When/how will you do it?



God Time: Family

Parents: Familiarize yourself with sermon recap from our Gathering Time. Sum it up in a way your child can understand.

- Consider **reading** Philippians 4:4-9 from an easy to read Bible version (like the ERV).
- Give a **summary** statement like: “It is important for Christians to obey God. He tells us to be joyful and not to worry about things. Instead, we should pray and trust Him to take care of all our needs. Instead of worrying, we should think about true, pure, good, and right things. When we do this, God gives us peace.”
- **Ask:** Does Jesus care about our thoughts?
- **Say:** Thinking about Jesus brings joy!
- **Activity:** Get a ball and sit together in a circle. First, talk about your worries and pray about them. Next, toss the ball to a family member. The catcher must state something good to think about before tossing the ball to someone else. Have fun playing and thinking good thoughts!

Give: *How does this week's sermon inspire you to give of your time, talent, or treasure?*

Demonstrate. Declare. Disciple.

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