

SERMON DISCUSSION QUESTIONS

REFRAME: WEEK 3

While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to southeastchristian.org to join a group in person or online, wherever you are - today!

What are some things that can instantly transform your mood (think something like a favorite food, a fond memory, a special song, a loved one's picture)? Talk about a time when something like this changed the way you felt. Why do you think these things have the power to change your attitude like that?

Read Philippians 1:27-30. In your opinion, what are some qualities/characteristics that would define a lifestyle "worthy of the Gospel"? In what kinds of ways does the Gospel motivate us to live? How does living this way point people toward the reality of Christ's death, burial, and resurrection?

In the midst of persecution, Paul commanded the church to hold onto unity. How can persecution threaten the unity of the Body? Why can suffering and struggles push us away from one another? Why are unity and community so important when we face trials?

Read Philippians 2:1-11. What comes to mind when you hear the word 'humility'? Is this typically a positive or negative word in your mind? Why? How does your idea of humility compare with the picture of humility Paul paints in this passage?

How does humility change our attitude? How does it change our attitude towards others? How does it change our attitude about ourselves? In what ways does practicing humility make life better? In what ways does it make life more challenging?

What does humility look like on a practical level? If you were to meet a truly humble person, what do you think they would be like? What words would people use to describe them? Choose one of those words and commit yourself to practicing that quality this week.