

**The Jesus Way**  
*Cultivating a Gentle Spirit*  
Sunday, September 14, 2025

**Philippians 4:1-9 NIV**

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! <sup>2</sup>I plead with

Euodia and I plead with Syntyche to be of the same mind in the Lord. <sup>3</sup>Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

<sup>4</sup>Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup>Finally, brothers and sisters, 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. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**1. Fosters Unity in the Body.**

**2. Shifts the Atmosphere.**

**3. Imitates Christ.**

**Conclusion:** Let us be bold in faith and gentle in spirit. For this is how we reflect the love of Christ and demonstrate a divine strength that unifies.

**LIFE GROUP LESSON**  
*Cultivating a Gentle Spirit*  
Week of September 14th-September 20th, 2025

**Ice Breaker:** Think of a time someone offered you a gentle response that changed the direction and outcome of a situation?

**Read Philippians 4:1-9.**

1. In what way is Paul calling believers to stand firm in the Lord? Read Philippians 3:17-21 (v.1)
2. What is the plea of Paul towards the two women? (v.2)
3. Why might Paul call out two people specifically in this letter? What is the impact in the church?
4. What does Paul reveal about each woman? (v.3)
5. What does this tell you about the value each woman offers to the Kingdom of God?
6. Can believers have varying opinions and both be useful workers for the Gospel? How so?
7. What does Paul want each woman to see in the other?
8. Who and what does Paul shift the focus to? (v.4) Why is this so important in the church and our relationships with others?
9. What happens when we shift from our differences to rejoicing in the Lord? *To our hearts? To His Church? To His Kingdom?*
10. What are we called to display? To whom? (v.5) Why?
11. Read Proverbs 15:1. What if we are upset, how should we respond?
12. Read Ephesians 4:2. How do we show others who Christ is?
13. What do we do when we are upset and anxious? (v.6) Have you done this lately with something that has upset you?
14. How might following this truth help diffuse discord in our families, the church, on social media, and in our communities?
15. What happens when we bring our concerns to God? (v.7)
16. What are we called to think about? (v.8) Why?
17. How often do you apply this truth to social issues that upset you? To family disputes? To differences of views in the Church? What might happen if we all practice this more across all areas of our lives?
18. What does Paul call us to do? Why? (v.9)
19. Read Matthew 11:28-29. What does Jesus ask us to do? What does He reveal about His nature?
20. Who will you follow and reflect to the world around you?

**Point to ponder:** Jesus drew others unto Him through a humble and gentle heart. Let us cultivate a heart that lives the Jesus Way.