Life Group Notes & Discussion Guide, April 26th, 2026
"A Journey through the Book of Philippians"
"Following the Example of Christ"

Sermon text: **Philippians 2:1-18;** Old Testament Text: **Psalm 145:15-21;** Gospel Text: **Matthew 6:19-24.**

Read **Philippians 2:1-18** as you listen to the sermon, then answer the questions below.

1. Read **Philippians 2:1-2.** Explain what Paul is asking the Philippians to do and why he is asking them to do it.

2. Read **Philippians 2:3-4.** In your own words, explain what Paul is commanding us to do in these two verses.

3. Read **Philippians 2:5-7.** What does **v. 5** mean to you?

4. Explain what **v. 6** means to you.

5. How did ***Christ empty Himself?***

6. Read **Philippians 2:8.** In light of what Christ has done for us, what should our response be to Him?

7. Read **Philippians 2:9-11.** Why did God ***exalt the name of Jesus above every name in heaven and on earth?***

8. What must we be sure to do before we die or Christ returns?

9. Read **Philippians 2:12-13.** What do you think Paul means when he says we should ***work out our salvation with fear and trembling?***

10. Read **Philippians 2:14-16.** Why does Paul insist that we ***do all things without grumbling or disputing?***

11. What is it that will make us ***shine as lights in the universe?***

12. Read **Philippians 2:17-18.** What does it mean to ***be poured out like a drink offering?***

13. Why should the Philippians and why should we ***be glad and rejoice with Paul?***

14. What will you remember most from this message?

Discussion Guide for Your Life Group Meeting

I. At your Life Group meeting, first read **Psalm 145:15-21** aloud. It can be helpful to have several people each read one verse from their Bible. This helps people feel involved and can also introduce some interesting discussion if several translations are used. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
   1. Read **Psalm 145:15-16.** To what name of God do these two verses refer?
   2. Name some ways that the ***open hand of God satisfies the desire of every living thing.***
   3. Read **Psalm 145:17-18.** Discuss how you have experienced the truth of these two verses in your own life.
   4. Read **Psalm 145:19-20.** Why do the truths mentioned in these verses become more evident the deeper your relationship with Christ grows?
   5. Read **Psalm 145:21.** Why is it so important to do what this verse says?

II. Next read **Matthew 6:1-4**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions.
   1. Read **Matthew 6:1.** What kind of circumstances make it hard to live this command out?
   2. Read **Matthew 6:2.** When Jesus spoke this command, to what was He referring when He said, ***"Sound no trumpet."***
   3. Tell how you might practice this when giving to the Mission Offering or General Offering at Trinity.
   4. Read **Matthew 6:3-4.** How well would you say you do at following these commands?

III. Read **Philippians 2:1-18,** utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
   1. Read **Philippians 2:1-2.** Explain what Paul is asking the Philippians to do and why he is asking them to do it.
   2. Read **Philippians 2:3-4.** In your own words, explain what Paul is commanding us to do in these two verses.
   3. Read **Philippians 2:5-7.** What does **v. 5** mean to you?
   4. Explain what **v. 6** means to you.
   5. How did ***Christ empty Himself?***
   6. Read **Philippians 2:8.** In light of what Christ has done for us, what should our response be to Him?

7. Read **Philippians 2:9-11.** Why did God ***exalt the name of Jesus above every name in heaven and on earth?***
8. What must we be sure to do before we die or Christ returns?
9. Read **Philippians 2:12-13.** What do you think Paul means when he says we should ***work out our salvation with fear and trembling?***
10. Read **Philippians 2:14-16.** Why does Paul insist that we ***do all things without grumbling or disputing?***
11. What is it that will make us ***shine as lights in the world?***
12. Read **Philippians 2:17-18.** What does it mean to ***be poured out like a drink offering?***
13. Why should the Philippians and why should we ***be glad and rejoice with Paul?***

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