

Vibrant

Overcoming six things
that make you dull

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INTRODUCTION

Overview

As Christians, our lives should be vibrant. Paul says in his letter to the Philippians, “Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.” (Phil 2:15). But too often, we allow the pressures of life and the influences of the world to steal our joy and make us dull. This series will help us overcome six major issues that Paul addresses in Philippians so that we can shine bright in 2019.

Preparation

In preparation for your group meetings, here are three essentials.

1. Attend weekly services or watch online if you miss a week. As you take in the sermon, take notes and write down ideas to make your group meetings as effective as possible.
2. Read through the group questions before you lead the group, even if it's an hour before people show up. Give yourself time to orient yourself to each lesson so you can be better prepared to engage people in a dynamic discussion, and skip or rewrite questions that don't make sense to you ☐
3. Pray for your group time and the people in your group, that God would speak through the discussion, that friendships would form and that God's Spirit would be present and active as you meet together. Try it! Even a 10 minute prayer can make a world of difference.

Furthermore, make sure to be ready well before your group is scheduled to begin. Have refreshments available if possible, and make sure you have everything you need. Welcome participants as they arrive, and help them to feel comfortable and right at home.

Question Levels for Discussion

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

Level 3 Discussion Questions bring the group to a very personal, spiritual and practical level. This is where the group needs to spend the greatest amount of time and focus. It is at this stage participants take the key lesson principle and determine what they're going to do with it in their own lives.

Be very purposeful in how you advance from one level to the next. If you skip Level 1 questions, you run the risk of getting too personal too fast, and the group will clam up. This is especially true of newcomers to your group. If you skip Level 2, you run the risk of group members coming up with answers and solutions for their lives that are not grounded in the word of truth. Obviously, the Level 3 questions are the heart and soul of the material, and are essential for transformation.

Announcements and Attendance

At the end of each section in your Leader's Guide there are announcements for you to make to your group. If you are unsure about any particular activity, please contact our staff for more information.

Please take attendance each week using Planning Center. Be sure to keep your group information and roster updated each series for accurate tracking by our Administration Department.

Planned Interruptions

Every once in a while (at least 2 times a semester) interrupt your normal group discussion and go do something fun together or complete a community service project. The biggest win for your group is for people to develop stronger relationships with each other and these planned interruptions are a great way to accomplish that goal.

Creative Elements

Here are some creative ideas for your group this series...

- Decorate your meeting space with as many bright lights as possible, turn the lights off completely for the level one questions, then turn them back on and talk about the difference light makes.
- Discuss the meaning and feeling of different colors
- Collect some colorful paints and have the members of your group collaborate on making an abstract piece of art. Then display it in your living room or take a photo and make it into a t shirt each member could wear.
- Have people bring sleds and go sledding
- Have people bring baby pictures and have a contest to see who can guess whose picture is who's

Feel free to use any creative elements you come up with to make your group more intriguing and enjoyable. As you come up with ideas, please email them to Adam Julch at ajulch@me.com, and he will forward them to our Life Group Leaders.

PURPLE

Life Group Questions

Level 1 Discussion Questions/Activity (10 minutes)

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

- What was your favorite game to play when growing up?
- What was your favorite subject in school? Why?

Level 2 Discussion Questions (10 minutes)

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

- Each person share a take away from Sunday's service.
 - *Leader Note: Share a brief recap from the sermon to jog their memory before asking.*
- Leaders, please read a book overview of Philippians or watch the Bible Project video. Link to video: <https://www.youtube.com/watch?v=oE9qqW1-BkU> Link to written bible hub overview <https://biblehub.com/summary/philippians/1.htm>
- What do you think it means to be spiritually mature?
- Read Philippians 1: 9-11 and make observations.
- How could verse 10 be interpreted?
- How might someone apply these verses to their daily lives?

Level 3 Discussion Questions (20 minutes)

Level 3 Discussion Questions bring the group to a very personal, spiritual and practical level. This is where the group needs to spend the greatest amount of time and focus. It is at this stage participants take the key lesson principle and determine what they're going to do with it in their own lives.

Leader Tip: *Since these questions are often very personal, use a variety of techniques to get people to answer them.*

- Split the group into smaller groups (men with men, women with women, pairs or triads, etc.)

- Give people the opportunity to answer the questions privately in a journal or notebook (put some music on and encourage them to spread around the room) and let anyone who wants to share what they wrote down, do so when the group gets back together.

- What brings you the most joy in life?
- What tends to steal your joy?
- How has your relationship with God helped you mature as a person?
- If you are willing to share, what area of immaturity would you most like to see growth in in 2019?

- **Wrap-Up** (5 minutes)
- **Pray**
- **Announcements**
 - Core classes start next week, take one you haven't taken...
 - Purpose Driven Life, Sundays at 9:30am
 - Becoming a Contagious Christian, Sundays at 11:00am
 - Financial Peace University, Sundays at 6:30pm
 - Love and Respect, Tuesdays at 6:30pm

YELLOW

Life Group Questions

Level 1 Discussion Questions/Activity (10 minutes)

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

- Did you ever compete in a talent show? Why or why not?
- Which talents impress you the most?

Level 2 Discussion Questions (10 minutes)

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

- What is something that 'stuck out' from Sunday's sermon?
 - *Leader Note: Share a brief recap from the sermon to jog their memory before asking.*
- Read Philippians 2:3-8 and make observations.
- How could someone interpret verses 6-7?
- What about these verses could someone apply to their own attitude?

Level 3 Discussion Questions (20 minutes)

Level 3 Discussion Questions bring the group to a very personal, spiritual and practical level. This is where the group needs to spend the greatest amount of time and focus. It is at this stage participants take the key lesson principle and determine what they're going to do with it in their own lives.

Leader Tip: *Since these questions are often very personal, use a variety of techniques to get people to answer them.*

- *Split the group into smaller groups (men with men, women with women, pairs or triads, etc.)*
- *Give people the opportunity to answer the questions privately in a journal or notebook (put some music on and encourage them to spread around the room) and let anyone who wants to share what they wrote down, do so when the group gets back together.*

- Selfish ambition is often presented to us as a good thing. Have you experienced that? how do you process that in light of the scriptures we read?
- What can you relate to more, trying to impress others or thinking of yourself as better than others?
- How has selfishness affected your joy?
- How does God help you to be humble?

Wrap-Up (5 minutes)

- **Pray**
 - Our vision is to be homes of influence in our city, how can we pray for your home or your neighborhood tonight?
- **Announcements**
 - One of the best ways to move to the center is to select a life goal from the transformation matrix and meet with a life coach. We recommend that everyone get coached at least twice a year for ongoing spiritual growth in every area of life. Sign up online at flatlandchurch.com.

ORANGE

Life Group Questions

Level 1 Questions (10 minutes)

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

- Besides orange, what other English words do not have any rhyming words?
- **IMPORTANT:** I could really use your help with something. We want to know what it was that caused you to start attending this life group and what makes you keep coming back. I'm going to hand out sheets with those two questions and give you 3 minutes to fill them out, please be as specific as possible. We are also going to use these responses to help get more people involved in life groups.

Level 2 Discussion Questions (10 minutes)

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

- What were the main points from Sunday's sermon?
 - *Leader's Note: Recap the message from Sunday to help jog their memory.*
- Read Philippians 2:14-18 and make observations.
- How could somebody interpret what Paul is saying about verse 19?
- How might a person apply these verses to their daily lives?

Level 3 Discussion Questions (20 minutes)

Level 3 Discussion Questions bring the group to a very personal, spiritual and practical level. This is where the group needs to spend the greatest amount of time and focus. It is at this stage participants take the key lesson principle and determine what they're going to do with it in their own lives.

Leader Tip: *Since these questions are often very personal, use a variety of techniques to get people to answer them.*

- Split the group into smaller groups (men with men, women with women, pairs or triads, etc.)

- Give people the opportunity to answer the questions privately in a journal or notebook (put some music on and encourage them to spread around the room) and let anyone who wants to share what they wrote down, do so when the group gets back together.

- What about complaining and arguing makes it impossible for us to be “blameless and innocent”?
- What’s the difference between complaining and discussing issues in a productive way?
- What are 5 things you can rejoice in your present circumstance?
- How does knowing that God is at work in you motivate you?

Wrap-Up (5 minutes)

- **Pray**
- **Announcements**

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RED

Life Group Questions

Level 1 Questions (10 minutes)

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

- As a group, try to come up with all the different fruits or vegetables that are red.
- Have you, or do you ever want to, compete in a race (such as 5k's, swimming trials, biking, ect)?

Level 2 Discussion Questions (10 minutes)

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

- What stood out about Sunday's Sermon?
- Read Philippians 3:12-14 and make observations.
- How could somebody interpret verse 14?
- How could someone apply these verses to their own lives?

Level 3 Discussion Questions (20 minutes)

Level 3 Discussion Questions bring the group to a very personal, spiritual and practical level. This is where the group needs to spend the greatest amount of time and focus. It is at this stage participants take the key lesson principle and determine what they're going to do with it in their own lives.

Leader Tip: *Since these questions are often very personal, use a variety of techniques to get people to answer them.*

- *Split the group into smaller groups (men with men, women with women, pairs or triads, etc.)*
- *Give people the opportunity to answer the questions privately in a journal or notebook (put some music on and encourage them to spread around the room) and let anyone who wants to share what they wrote down, do so when the group gets back together.*

- Discuss a goal you accomplished in your life that required sacrifices. What was that like?

- “Paul says in verse 17 that the Philippian believers should follow his example. What about the example you are setting should other Christians follow? Does anyone want to be vulnerable and share what example they are setting that you would you not want others to follow?”
- Is there anybody in your life that is running the wrong race that we could pray for?

Wrap-Up (5 minutes)

- **Pray**
- **Announcements:**
 - True Kindness Women’s Retreat is coming up on March 1 and 2nd and you can register online at flatlandchurch.com

BLUE

Life Group Questions

Level 1 Questions (10 minutes)

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

- Can you think of any movies or songs that have blue in the title?
- What is the worst reality tv show you've seen?

Level 2 Discussion Questions (10 minutes)

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

- What were your favorite parts about Sunday's sermon?
 - *Leader Note: Share a brief recap from the sermon to jog their memory before asking.*
- Read Philippians 4:3-5 and make observations.
- What do you see as the connection between verse 3 and 4?
- Why do you think Paul uses the word "always" in verse 4?
- What would be the best way for somebody to apply this to their lives?

Level 3 Discussion Questions (20 minutes)

Level 3 Discussion Questions bring the group to a very personal, spiritual and practical level. This is where the group needs to spend the greatest amount of time and focus. It is at this stage participants take the key lesson principle and determine what they're going to do with it in their own lives.

Leader Tip: *Since these questions are often very personal, use a variety of techniques to get people to answer them.*

- *Split the group into smaller groups (men with men, women with women, pairs or triads, etc.)*
- *Give people the opportunity to answer the questions privately in a journal or notebook (put some music on and encourage them to spread around the room) and let anyone who wants to share what they wrote down, do so when the group gets back together.*

- Have you ever salvaged a relationship that was affected by a dispute? What was the award?

- How have your disputes with other Christians, impacted your relationship with God?

Read Romans 12:18 If it is possible, as far as it depends on you, live at peace with everyone. (NIV)

- What depends on you when it comes to living at peace with everyone?
- What do you do well and what do you need to improve on in this area?

Wrap-Up (5 minutes)

- **Pray**
- **Announcements:**
 - Getting baptized is an important step in your walk with Christ. If you haven't been baptized yet, the next opportunity will be Sunday, February 17 at 9:30am. You can sign up at flatlandchurch.com/baptism.

GREEN

Life Group Questions

Level 1 Questions (10 minutes)

Level 1 Discussion Questions are meant to introduce the topic in a fun, lighthearted way. Do not spend a great deal of time with these questions. Simply use them to get people talking, laughing, and intrigued with the lesson.

- Share a high and low of the week.

Level 2 Discussion Questions (10 minutes)

Level 2 Discussion Questions are designed to introduce the key lesson principle from the Bible. It provides the foundation of what the participants need to know about God and His Word if they are going to effectively apply it to their lives.

- How would you summarize this book (or put the series) so far into your own words?
- Read Philippians 4:6-13. What do you see in these verses?
- How could somebody interpret verse 13?
- How could someone apply these verses to their own life?

Prayer (30 minutes)

Week six is intended to have a more relaxed, worship focused environment. After a light discussion, turn on worship music and let the group pray. Prayer can be led/guided, individual, or with prayer stations.

- Each person share one thing (one word) they are worried about. Take a moment to have each person pray for the person to the right of them.
 - *Music option: "Build My Life" by Peyton Allen*
- Philippians 4:6 says "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Continuing in an attitude of prayer, take a moment to have each person thank God out loud for something he has done in their life. Encourage people to continue to thank God out loud or silently as the song continues to play.
 - *Music Option: "You are my strength" by Hillsong.*
- **Pray**
- **Announcements:**
 - Core classes start, Sunday March 3, take one you haven't taken yet...

- Freedom in Christ at 9:30am
- The Holy Spirit: An Introduction at 11:00am
- Get a Grip: How to Study the Bible at 11:00pm

Key Scriptures

Week One:

Philippians 1:9-11 (NLT)

9 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, 10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Week Two:

Philippians 2:1-11 (NLT)

2 Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? 2 Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

3 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too.

5 You must have the same attitude that Christ Jesus had.

6 Though he was God,

he did not think of equality with God

as something to cling to.

7 Instead, he gave up his divine privileges;

he took the humble position of a slave

and was born as a human being.

When he appeared in human form,

8 he humbled himself in obedience to God

and died a criminal's death on a cross.

9 Therefore, God elevated him to the place of highest honor

and gave him the name above all other names,

10 that at the name of Jesus every knee should bow,

in heaven and on earth and under the earth,
11 and every tongue declare that Jesus Christ is Lord,
to the glory of God the Father.

Week Three:

Philippians 2:14-18 (NLT)

14 Do everything without complaining and arguing, 15 so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. 16 Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. 17 But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. 18 Yes, you should rejoice, and I will share your joy.

Week Four:

Philippians 3:12-17 (NLT)

12 I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. 13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, 14 I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

15 Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. 16 But we must hold on to the progress we have already made.

17 Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.

Week Five:

Philippians 4:3-4 (NLT)

3 And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

4 Always be full of joy in the Lord. I say it again—rejoice! **5** Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Week Six:

Philippians 4:6-13 (NLT)

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **8** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. **9** Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

10 How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. **11** Not that I was ever in need, for I have learned how to be content with whatever I have. **12** I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. **13** For I can do everything through Christ, who gives me strength.