



Thriving in isolation

POST-SERMON DISCUSSION GUIDE / 4.26.2020

Essentials for Thriving Philippians 4:10-13

If your family includes children of varying ages, consider rewording the questions to help your child better understand what's being asked. We've included wording suggestions in parentheses.

1. Isolation can reveal little things that make you frustrated. Do you need to apologize for anything from last week? How will you strive to have an understanding spirit (good attitude) toward those in your home this week?
2. Isolation creates a unique learning environment. What are you learning in isolation?
 - a. About yourself?
 - b. About your relationships with others?
 - c. About your relationship with God?
3. Paul learned in all things to be content (satisfied with what he already had). What keeps you from being content? How can your friends and family help you remember that Jesus is enough?

IDEAS FOR LIVING SENT THIS WEEK

As you reflect on Question #2, ask God to guide you in the following ways:

- Who could you call, text, or write to share what you're learning and encourage them to learn and grow, too? Say a prayer for them and plan to make time for it!
- Determine something specific you want to learn in the weeks ahead. Ask God to help you. Ask your children to draw a picture of it and put on a mirror or refrigerator as a reminder. Share with at least one individual outside of your family what you noted.