

# THE WORLD

## IS WATCHING

### WEEK FOUR // Philippians

#### OVERVIEW

In this week's teaching, we explore a thread of spiritual formation throughout Paul's letter to the Philippians. We unpack the relationship between all that God has done for us and is doing in us and what our role is in the midst of it.

#### DISCUSS

Did anyone try something different this week in your pursuit of following Jesus? If so, would you be willing to share about your experience?

**Read the following passage out loud together: Entire letter of Philippians (should take about 10-15 minutes total - consider splitting it by chapter/section)**

Did anything in particular stand out as we read the entire letter of Philippians? If so, what? And what stood out about it?

For two weeks now, we have talked about the idea of "practicing our faith." How does that idea strike you? Is it helpful/encouraging/challenging/confusing/etc?

Are you more inclined to desire the possessions of others or the character of others? What does that reveal about what's most important to you?

Who in your life do you want to become like? What is it about their character that you desire to have within yourself?

What would have to change about your rhythms/practices for you to begin moving in a direction to become more like those people?

Are you feeling led to take any particular step in regards to this week's message/discussion?

How can our group come alongside in doing so?

## PRACTICES TO GROW IN ATTENTIVENESS TO ONE ANOTHER

We often limit our listening to others to just their words, all the while they are speaking to us through many other means. The problem is, many of us don't really know how to listen to each other's nonverbal queues. Below are two games you can play as a group to flex the relational muscles necessary to learn each other's nonverbal language. Playing these games one time will not immediately build the relational muscles needed to hear each other when words aren't being used, so consider playing these games at the beginning or end of group for the coming weeks.

### FOLLOW THE LEADER

- Have everyone stand up.
- Select a leader to stand in front of the group (we recommend picking a quieter member of your group).
- Set a 30 second timer.
- Once the timer begins, everyone in the group has to mirror every single motion the leader makes (facial expressions, arm/leg movement, breathing patterns, etc.). The leader should not be making any sounds (though you'll inevitably laugh at some point).
- Allow a few people to be the leader for your group.
- Once a couple people have been the leader, discuss your experience as a group.
- What did that feel like?
- Did anything surprise you?

### TELL US WHAT HAPPENED.

- With everyone seated, select a leader to stand before the group (we recommend picking a quieter member of your group).
- Have the leader act out a specific event from their past week without using words. And make sure that leader is being specific, like: "I rolled my ankle at Sky Zone." NOT "I had dinner."
- Have the rest of the group actively work together to figure out what the leader is trying to communicate. Shout out words that you think the leader is trying to get them to say, allowing the leader to nod in approval or disapproval.
- Allow a couple people to be the leader.
- After a few people have had the chance to lead discuss your experience as a group.
- What did that feel like?
- What was the more difficult position? Being the leader or trying to figure out what the leader was communicating?