

## Retreat

### Discussion Guide

**Text:** Philippians 4:2-9

#### OPEN:

1. Where do you go, or what do you do, to get one hour's reprieve from the day's problems?

#### DIG:

1. What does it take for these two women to "agree in the Lord"? And who's responsibility is it to be the "loyal yoke fellows" (v. 3)
2. Which attitudes enable people to cope successfully in difficult times? How would those attitudes help prevent us from taking negative "retreats"?
3. Of these attitudes and virtues endorsed by Paul, which are uniquely Christian? Which represent the best of first century pagan culture (and 21st century pop psychology)?
4. In this matter of resolving conflicts, why does Paul point to himself as an example to follow (v. 9)? What kind of an example is Paul (see also 1:15-18;3:2-4, or 17-18)?

#### REFLECT:

1. On a scale of 1 to 10, what is the anxiety level in your life right now?
2. What are some of the "excellent or praiseworthy" things that you can be thinking on this week?

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