

SG Questions Phil 4.1-9

1. Review and discuss the sermon's focus on the three different ways this passage addresses our emotions:
 - a. Paul, an example of redeemed emotions, v.1.
 - i. Trace the contrast of Paul's emotions in v.1 (equivalent of 6x "darling" or "honey" toward the Philippians) and in the verses in the bulletin. How would you describe the Gospel's redemption of his emotional life? What emotionally drove Paul before he followed Jesus; what drives him now? What other passages are relevant? (Consider 1 Thes 2.6-8; Gal 5.7-12, etc.)
 - b. Eudoia and Syntyche, a call for overcoming relational conflict, which will generally have an emotional cause or consequence. V.2-3.
 - i. When does conflict in a community rise to the level that it becomes a public, whole community issue?
 - c. Command regarding our emotions. V.4-7.
 - i. *How strange is this to you that Paul commands our emotions? Remember Paul is echoing Jesus here: Mt 6.25.
2. What do you tend to do with your emotions: stuff them (Stoicism), let them fly (Vent them, experience them), controlled release (don't let them embarrass or shame you)? Other options? How do you view them (helpful, get in the way, true reality, complement, always trustworthy, never reliable, etc.)?
3. So what is the full scope of Christ's redemption in our lives--does it include our emotions? Do we typically think about this, why or why not? How do you typically view your emotions in regards to the Gospel's call and redemption? One way to put the scope of Christ's redemption is that "it goes as far as sin has gone." Contrast emotions in Gen 2 and 4, if you need help seeing how sin affects our emotional life. What keeps us from looking to Christ and his gospel to address our emotional concerns and problems?
4. The sermon suggested several helps for our emotions. Which could be helpful for you to see Christ's redemption come more fully to your emotions?
 - a. Our emotions can often follow our thinking: e.g., Paul's view of the church, v.1 vs. His previous life in Acts 8 and 9.
 - b. Receiving Christ mercy personally when our own standard would bring judgement upon ourselves, Acts 9
 - c. Stand firm, v.1
 - d. Dependence on the HS, (Acts 9.17-19) because the Fruit of the Spirit includes reality that connects to our emotions as well as our thoughts and actions.
 - e. We need fellow Christians to help us, v.2-3, and pray for us, Acts 9.10-19.
 - f. Prayer, v.6-7. Eugene Peterson says we need to "pray who we are, not who we think we ought to be."
 - g. Consideration that what we take in, affects us in many ways, including emotionally, v.8-9
 - h. Christ's emotional life shows us God's heart for our complete redemption. See two quotes in bulletin. Jesus emotional life shows us: (1) his connection to us; he is fully human and fully God; (2) God's plan and desire for how our emotions

should work without sin; (3) Jesus' emotions show us his focus on accomplishing our salvation: his compassion, his tears and sighs, his love, his anger, etc. all at work in process of redeeming us.

- i. Summary: So the right expressing, controlling, transforming of our emotions are commanded so we show their proper function in us as God's glorious creation, we show the work of Christ's sanctification of us, but also because our emotions are to play a part, along with our minds and actions and prayers, to do the work of mission, as we seek to be dependent but empowered carriers of Jesus' work of redemption.