



South Sub Church

May 10, 2026

Navigating Conflict, Hurt, and Reconciliation “A Faith That Changes the Room”

Philemon 1:1-7 (NLT)

¹ This letter is from Paul, a prisoner for preaching the Good News about Christ Jesus, and from our brother Timothy. I am writing to Philemon, our beloved co-worker, ² and to our sister Apphia, and to our fellow soldier Archippus, and to the church that meets in your house. ³ May God our Father and the Lord Jesus Christ give you grace and peace. ⁴ I always thank my God when I pray for you, Philemon, ⁵ because I keep hearing about your faith in the Lord Jesus and your love for all of God’s people. ⁶ And I am praying that you will put into action the generosity that comes from your faith as you understand and experience all the good things we have in Christ. ⁷ Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God’s people.

Sermon Summary:

Relationships can be complicated. They don’t always turn out the way we hoped. Some are strained, some are distant, and some feel too complicated to fix. Misunderstandings, hurt, and unresolved tension can leave us wondering if anything could ever change.

The gospel speaks to more than just our eternity. It speaks directly into our relationships. In this series through the book of Philemon, we’ll discover how the gospel provides a real pathway for healing what’s broken, rebuilding trust, and pursuing reconciliation - even when it feels messy or costly. No matter how complicated a relationship, there is hope for a better way forward.

Fun, non-threatening Ice Breaker questions:

1. What’s one way someone has encouraged your faith recently?
2. Who is someone you would describe as a “refreshing” person to be around?
3. What qualities make someone a strong partner or teammate?
4. What’s one thing that helps you feel spiritually refreshed?
5. Who is someone you regularly thank God for, and why?

Objective Bible study questions (observation):

1. Who are the people mentioned in verses 1–2?
2. How does Paul describe himself at the beginning of the letter?
3. Who is the letter addressed to specifically?



4. What role does Philemon appear to have in the church?
5. What blessing does Paul give in verse 3?
6. What does Paul say he always does when he prays for Philemon?
7. What two qualities of Philemon does Paul mention in verse 5?
8. Who does Paul say Philemon shows love toward?
9. What does Paul pray will happen as a result of Philemon's faith (verse 6)?
10. What effect has Philemon's love had on others according to verse 7?

Interpretive Questions (meaning):

1. What does it mean that the church met in Philemon's house?
2. Why are faith in Jesus and love for others closely connected in verse 5?
3. What does Paul mean by sharing one's faith in verse 6?
4. How does recognizing "every good thing" in Christ strengthen faith?
5. What does it mean that the hearts of God's people have been "refreshed" through Philemon?

Application questions (life response):

1. Who in your life can you intentionally encourage this week like Paul encourages Philemon?
2. What would it look like for you to "refresh" someone's heart this week?
3. How can you become more intentional about thanking God for people in your life?
4. What steps can you take to actively share your faith more effectively?
5. Where might God be calling you to be more loving toward fellow believers?