



Sermon Discussion Guide

Title of the Sermon: Joyful Relationships

Series Name: Philippians: Unshakeable Joy

Main Text: Philippians 2:1–4

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there's no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

- Who is someone in your life you have a “joyful relationship” with? What is something that makes it so joyful?

Leader's Note

Paul teaches that joy in relationships isn't accidental—it's intentional. This passage challenges us to examine not just how others treat us, but how we approach and value the people God has placed in our lives.

The Essentials of Great Relationships

1: Don't Be Selfish

Key Scripture

“Do nothing out of selfish ambition...” (Philippians 2:3)

Discuss

1. How does selfishness typically show up in everyday relationships (home, work, church)?

2. Why do you think selfishness comes so naturally to all of us?
3. What might it look like for you to shift from selfishness to selflessness in your everyday relationships? What's one practical change you can make?

Leader's Note

Selfishness is a “me-first” mindset. Paul reminds us that unchecked selfishness quietly erodes even the strongest relationships.

2: Don't Be Proud

Key Scripture

“Do nothing out of selfish ambition or empty conceit...” (*Philippians 2:3*)

Discuss

1. How does pride differ from selfishness, and how are they connected?
2. Why do pride and conflict so often go hand in hand?
3. How does pride make reconciliation or humility difficult in relationships?

Leader's Note

Pride lifts us above others and makes relationships adversarial. Scripture consistently teaches that pride resists God's work and damages unity.

3: Be Respectful

Key Scripture

“But in humility consider others as more important than yourselves.” (*Philippians 2:3–4*)

Discuss

1. What does it look like to enter a relationship with an attitude of “There you are” instead of “Here I am”?
2. Who might you be unintentionally overlooking or taking for granted?
3. How could practicing respect change the tone of one of your relationships this week?

Leader's Note

Respect doesn't diminish your value—it reflects Christ's humility. When both people choose to honor one another, relationships flourish.

The Source of Great Relationships

Key Scripture

“If there is any encouragement in Christ, if any consolation of love, if any fellowship with the Spirit, if any affection and mercy...” (*Philippians 2:1*)

Discuss

1. Why is it unrealistic—and unhealthy—to expect other people to meet all of our emotional needs?
2. Which of these needs do you most often look for from others: security, belonging, love, or worth?
3. How does experiencing these needs in Christ free us to love others without keeping score?

Leader's Note

We cannot love well when our “love tank” is empty. Christ alone provides the encouragement, love, belonging, and worth that allow us to serve others selflessly.

Closing Prayer

Invite the group to thank God for the security, love, and value found in Christ. Pray for humility in relationships, freedom from selfishness and pride, and the grace to honor others above ourselves. Encourage prayer for specific relationships represented in the group.