



## Sermon Discussion Guide

Title of the Sermon: Inside Out

Series Name: Unshakeable Joy

Main Text: Philippians 2:12–18

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### 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](http://silverdalebc.com/smallgroups).

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### Icebreaker Options

1. What’s one change you’ve tried to make in your life (physical, spiritual, relational, etc.) that was harder than you expected?
  2. When you hear the phrase “*work out your faith*,” what do you think that looks like in everyday life?
  3. What’s one of your New Year’s Resolutions from this year? Are you still going strong?
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### Leader’s Note

This passage reminds us that real spiritual change happens **from the inside out**. We are called to “work out” what God has already worked in us—and we’re not doing it alone. God gives both the **desire** and the **power** to follow Him, and He uses our transformed lives to shine His light into a broken world.

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## How to See Change in Your World

### 1: Change Demands the Right Effort

“Work out your own salvation with fear and trembling...” (Philippians 2:12)

## Discuss

1. What do you tend to lean towards more: passivity or piety? What does it look like to both *rest* in Jesus' finished work and *work out* your salvation?
2. What's the difference between *working for* salvation and *working out* salvation? Why does that matter?
3. Where do you most need to "put in the work" spiritually right now (Bible intake, prayer, obedience, repentance, self-control, etc.)?

## Leader's Note

Following Jesus isn't passive. We don't earn salvation—but we do respond to it. God expects the reality of our faith to show up in our everyday choices.

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## 2: Change Demands the Right Attitude

"...with fear and trembling." (Philippians 2:12)

### Discuss

1. When you hear "fear and trembling," do you think of panic—or reverence? What's the difference?
2. Why do you think it's easy for believers to treat sin casually instead of seriously?
3. Jesus meets us where we are, but He never leaves us where we are: Is there an area of your life where you've been treating sin casually? What would it look like to bring that to the feet of Jesus, knowing that you are fully forgiven AND called to repent and change moving forward?

## Leader's Note

This isn't about being scared of God—it's about taking Him seriously. A deeper reverence leads to deeper obedience, and it helps us stop treating spiritual growth like an optional hobby.

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## 3: Change Demands the Right Power

"For it is God who is working in you both to will and to work according to His good purpose." (Philippians 2:13)

### Discuss

1. Where do you feel the most "stuck" spiritually—like you don't have the strength to change? How does it encourage you to know that God not only commands change, but also supplies the power for it?
2. Have you ever asked God to give you the "want to" (desire) for Him? What might it look like to pray that this week?

## Leader's Note

God doesn't call us to do the impossible in our own strength. He supplies both the desire and the ability. Our job is to obey and keep walking—His Spirit is the power that keeps us moving.

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## How to See Change in Your World

### 1: Shut your Mouth

“Do everything without grumbling and arguing...” (Philippians 2:14)

#### Discuss

- Why do complaining and arguing hinder our ability to witness to a watching world? What's one way you could replace complaining with gratitude or faith-filled speech this week?

#### Leader's Note

A grumbling Christian sends mixed signals. The world is watching—so guarding our words is one of the simplest and clearest ways to show Jesus is real in us.

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### 2: Show Your Life

“...so that you may be blameless and pure, children of God who are faultless in a crooked and perverted generation...”

(Philippians 2:15)

#### Discuss

- In what environments do you feel the most pressure to “blend in” spiritually (workplace, school, online, friend group, etc.)? What's one habit, attitude, or choice that would help your life more clearly reflect that you are a child of God this week?

#### Leader's Note

Paul reminds us that the world is spiritually “crooked,” but believers are called to live differently—not in a judgmental way, but in a noticeably Christlike way. We won't be perfect, but we can be faithful. When we show a life shaped by Jesus—our character, our purity, our choices—we give the world a clear picture that following Christ truly changes a person from the inside out.

### 3: Shine Your Light

“...among whom you shine like stars in the world, by holding firm to the word of life.” (Philippians 2:15–16)

## **Discuss**

- Where do you see the “darkness” of a broken world most clearly right now (personally or culturally)? How can you begin to be a light in that place?

## **Leader’s Note**

We don’t overcome darkness by cursing it—we shine into it. When we live with purity, humility, and a steady grip on God’s Word, people notice... and God uses it.

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## **Closing Prayer**

Lord, thank You for saving us and working in us. Help us to take our faith seriously and to trust Your Spirit to change us from the inside out. Give us the desire to obey You and the strength to follow through. Guard our words from grumbling, and make our lives shine brightly in a dark world. We pray for the needs shared today and ask for Your peace, power, and joy to fill our hearts. In Jesus’ name, amen.