



From Conflict to Joy

Series: 30 Days of Joy (#1)

Main Text: Philippians 4:1–4

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

- When conflict arises, are you more likely to confront it quickly, avoid it, or let it simmer?
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Leader’s Note

Philippians is a letter about joy—written from prison. Yet Paul begins chapter 4 by addressing conflict. Why? Because unresolved conflict can quietly extinguish joy faster than almost anything else. This passage shows us that joy and healthy relationships are deeply connected.

Main Points

1. We Should Speak with Kindness

Key Scripture:

Philippians 4:1 – “My dearly loved and longed for brothers and sisters, my joy and crown... stand firm in the Lord.”

Discuss

- Has there ever been a time when someone has spoken a word of correction to you surrounded by kindness? How did you respond?
- What’s one way that you could begin to speak convicting or correcting statements with kindness? What would this look like in your marriage, work relationships, with your friends/kids, etc.?

Leader’s Note

Paul could have publicly shamed these women. Instead, he reminded them of who they were—loved, valuable, and fellow workers in the gospel. Kindness doesn’t ignore problems, but it creates an atmosphere where reconciliation becomes possible.

2. We Should Be a Peacemaker

Key Scripture:

Philippians 4:2–3 – “I urge Euodia and I urge Syntyche to agree in the Lord... help these women.”

Discuss

- What makes it difficult to apologize or initiate reconciliation?
- What’s an area of your life where you need to take the first step towards reconciliation?
- What’s the difference between a peacekeeper and a peacemaker? What’s one way you can begin to play the role of peacemaker in your relationships?
- When is it wise to invite a trusted third party to help bring peace?

Leader's Note

Peace rarely happens by accident. Paul urges both women to take responsibility and even invites a “true partner” to help. Being a peacemaker requires humility, courage, and initiative—but it protects joy and unity.

If you or someone in your group finds themselves in a situation where you need a third party to help bring peace, you can get in contact with our team at silverdalebc.com/help.

3. We Should Seek Common Ground

Key Scripture:

Philippians 4:2 – “Agree in the Lord.”

Discuss

- How does shifting our perspective towards our unity in Christ help us take the next step towards reconciliation?
- What's one way we could shift our focus from what we desire in conflict to what God desires for us? What's an area of your life that this might apply?

Leader's Note

Paul doesn't highlight the issue—they might have been arguing over something minor or major. Instead, he points them back to their shared foundation in Christ. When Jesus becomes the focus, many lesser disagreements lose their grip.

4. We Should Persevere with Christ

Key Scripture:

Philippians 4:1 – “Stand firm in the Lord.”

Discuss

- Why do relational wounds sometimes cause people to drift from church or faith?
- What does it practically mean to “stand firm in the Lord” during conflict?

Leader's Note

People will fail us. Churches are imperfect. Leaders are imperfect. But Jesus is not. Standing firm means refusing to let conflict derail your faith. Joy grows when we stay anchored to Christ rather than reacting to imperfect people.

Closing Reflection

Unresolved conflict can extinguish joy—but reconciliation can restore it.

- Is there a relationship in your life that needs attention?
 - What is one step you can take this week toward peace?
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Closing Prayer

Ask the Lord to reveal any unresolved conflict in your life. Pray for humility to speak with kindness, courage to initiate reconciliation, and wisdom to seek common ground in Christ. Thank Him that our ultimate joy is rooted not in perfect relationships, but in a perfect Savior.