

# How to be a RARE Christian 9<sup>th</sup> September 2021

- Remain Relational
- Act Like Ourselves
- Return to Joy
- Endure Hardship Well<sup>1</sup>

## 1. Remain Relational

-Philippians 1:1-8

-Phil 2:12-15

Keep the relationship bigger than the problem.

How do we Remain Relational?

- (1) Ask q.....
- (2) Show a..... (Phil 1:3-5)
- (3) Practice h..... (Phil 2: 5-8)
- (4) E..... conversations (Phil 4:1-4)

Keep the relationship bigger than the problem

## 2. Act Like Ourselves

Examples of what it looks like to Act Like Ourselves: Phil 1:9-11; 1:27-28a; 2:2-4.

How do we grow to act like ourselves?

- (1) D..... time with our Lord.
- (2) Read good Christian b.....
- (3) F..... others- who are following Christ. (Phil 3:17, 4:9)
- (4) Through the support of an i..... group.

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<sup>1</sup> Outline borrowed from Marcus Warner and Jim Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016).

### 3. Return to Joy

Have you noticed how often Paul speaks of joy or rejoicing?

Phil 1:4; 1:18; 1:25b; 2:2; 2:17; 2:18; 4:1; 4:4.

We return to joy-

- (1) When we name the e.....
- (2) Ask God for a new p.....
- (3) Create a new p..... of thinking.

We see Paul state this twice: Phil 2:3-5, and 4:6-8.

### 4. Endure Hardship Well

Phil 1:12-14 and 1:18b-20.

How do we learn to endure hardship well?

How do we expand our capacity?

- (1) I..... (James 1:2-4; Matthew 5:11-12)
- (2) I..... Phil 1:19.
- (3) I..... Phil 1:27a; 3:20.
- (4) Rest.

### Small group discussion questions:

Remain Relational

1. Think back to a time when a conversation did not go well... talk over how you might have used questions to remain relational in the midst of the tension.
2. Share with one another some ideas for how you can show appreciation to others in this week ahead. How would you explain the connection between showing appreciation and remaining relational?
3. What are some practical ways that you might be able to "wash up for Jesus" in this week ahead? (Practice humility)
4. Have a go at role play- try practicing the art of enveloping conversations. It takes some prior thought to address difficult issues in this way. What might it look like for you?

## Act Like Ourselves

1. Look back over the verses from Philippians used in the study to describe what it means to "Act like ourselves." Talk over how these passages describe our identity.
2. Share with one another how you take daily time with your Lord. Note down ways that you can learn from others to practice this spiritual discipline.
3. What good Christian books have you been reading lately- share your suggestions with others in the group.
4. Read together Phil 3:17 and 4:9. Discuss what it looks like for us to follow Paul's example.  
Share with one another an example of a godly leader who you look up to. Talk over what it can look like to follow their example.
5. Talk over ways that you have seen accountability be both beneficial and a little too heavy handed. Discuss how a focus in a small group upon identity might be even more helpful in learning together what it means to act like ourselves.

## Return to Joy

1. Review the times where Paul speaks of joy and rejoicing in Philippians (listed above). Discuss how you think he was able to remain joyful in the face of opposition and persecution?
2. Read together Phil 4:6-8. Talk over what you observe of Paul making these three steps to (1) name the emotion, (2) ask God for a new perspective, and (3) create a new pattern of thinking.
3. Ask for the prayer of your small group for ways that you need to name an emotion (old hurts, past neglect, anger that still burns, etc), then ask God for a new perspective, and then begin to create new patterns of thinking.
4. Brainstorm the ways that you can repattern your thinking in this week ahead to think on what is (Phil 4:8) true, noble, right, pure, lovely, admirable, excellent, and praiseworthy?

## Endure Hardship Well

1. Take time to scan the letter to the Philippians. Share together where you see Paul describe how he has learned to endure hardship well. (You could begin with Phil 1: 12-20)

2. Talk over what it is about Paul's example of enduring hardship that you would like to learn to imitate.
3. Discuss with your small group where you see a connection between developing intimacy with God and enduring hardship well. Share with one another how you will build your intimacy with your Lord in the week ahead.
4. Read Phil 1:27a and 3:20. Discuss what it means to have our citizenship in heaven. How does this understanding help you to then endure hardship well?
5. Share with one another the ways that you have found most helpful to rest well. Talk over the connection between the need for rest and the outcome of enduring hardship well. Will you need to make changes in your routine to get better rest?

God bless you as you seek to live as a RARE Christian- someone who is learning what it means to Remain relational, Act Like Ourselves, Return to Joy and to Endure hardship well.