

JOYFUL

ALL OF LIFE WITH JESUS
Part 2 // Philippians 3:1-4:23

STUDIES IN

PHILIPPIANS



TOONGABBIE
ANGLICAN
CHURCH

STUDY 5 - PHILIPPIANS 3:1-11

IT'S ALL ABOUT CONFIDENCE

Paul instructs the Philippians once again to rejoice in the Lord. In this chapter we'll see how he is convinced that joy is possible even in the midst of conflict from opposers. More than that, it's found in the considering of everything other than Christ as loss!!



Intro

- Share a moment in your life when you had misplaced confidence. This could have been in your own abilities or in the wrong source.



Read Philippians 3:1-6

- Compare and contrast the two groups he describes in verse 2 and 3. Discuss why Paul might have described them in this way.

- Why do you think Paul used to place his confidence in the list he describes in verse 5-6?



Living it out

- As a group, have a go at writing a similar list for the 'average Toonie Christian'. Eg – 'regarding zeal – always on beach mission'.

- Consider why someone might be tempted to place confidence in those things and what they might hope those things could achieve for them.



Read Philippians 3:7-11

- Paul concludes that the things of the flesh are now a loss and considered as dung! What are the things of the flesh worthless to achieve?
- Why is confidence in Christ a better way than the flesh? What has He achieved for us? (v9-11)
- What's the link between Paul's new attitude towards the things of the flesh and gaining Christ in verse 8? Consider what the following passages also tell us about our attitude as those in Christ and what God graciously gives those with this attitude.

Matthew 16:24-27

1 Corinthians 6:19-20

Galatians 2:18-21



Living it out

- Is there any place left to aspire towards doing well in our work and in the world? (Yes! Colossians 3:17) How does what we've learned from this passage reshape what it means to live in this world? What's an area of your life that comes to mind regarding these things?
- Describe how a life fully assured in Christ might impact how we persevere through the ups and downs (both circumstances and feelings).



Pray

STUDY 6 - PHILIPPIANS 3:10-21

PRESSING ON



Intro

- Have you set any goals recently? What's the value in goal setting?
- Describe something you've really had to strive for. What's made that hard or otherwise?



Read Philippians 3:10-21

- How is the Christian life like a running race? Look particularly at Paul's language.
- List all the ways Paul describes the goal of the Christian life.
- How are we to run this race? How does Paul describe this. For each description unpack its significance for our life.
- We tire in any given race.

Unlike a normal race, we already have confidence in Christ. How is victory described in this passage?

How does v12b (and v21) redefine the way in which we "press on"?



Living it out

- Model examples are powerful (v17). Share some examples of people who have been a great encouragement to you. How might you be an encouragement to others?

- What are you looking back at (v13)? How might Jesus redefine your past to press on?

- What can you celebrate in what you have attained already in your Christian life (v16)? What 'transformation' (v21) have you already seen?



Pray

STUDY 7 - PHILIPPIANS 4:1-8

JOY & ANXIETY



Intro

- Share moments where you have enjoyed a great sense of peace.
- What are some things that eat away at that peace?



Read Philippians 4:1-3

- What have you seen in this letter that unpacks why the Philippians are his joy and crown?
- He exhorts them to stand firm “in this way” referring to being a citizen of heaven. What does he then address that so simply threatens standing firm? How does Paul exhort the church to respond to the situation? Does his exhortation draw from the rest of the letter?
- Make a bit of a story of what’s happening and what might happen next as they respond to Paul.



Read Philippians 4:4-7

The command to rejoice (v4) goes through our worries (v6) and results in the peace of God (v7). We must find ways for our joy to intersect with all of life and its worries.

- In what ways do you feel like Christian faith does not impact everyday life? Unpack the underlying beliefs that drive this thinking (which may or may not be true) about God, the world and yourself.

- What is Paul exhorting us to do so to always join joy with not worrying about anything?
- Why might it be a good thing to worry about something? It's what Paul is asking us to do next when we worry that is important. What is hard about that step? What is liberating?
- Take an example of a worry that is real (but might not necessarily be from someone's experience right now) and write a prayer that includes "supplication (asking in earnest) with thanksgiving".

Pastoral note:

Many of us have consistent worries. This passage might make us even worry more about those worries as though we weren't good enough Christians to pray them away. Paul is calling us to pattern of life ("always") and inviting us to take even our worries about our worries to our good God so that we might find His peace. This is a journey, and we need the encouragement of others (3:17), the reminder that God is near (4:5) and the work of the Holy Spirit that intercedes for us in our groans (Rom 8:22-27). We also need to make a distinction between worries and clinical anxiety. If you are feeling consistently worried and unable to break out of this, please see the pastoral staff who might encourage you to seek professional help. What will help us all is to make time for the upcoming "Conversations of Hope" with Val Ling (psychologist). A great invite opportunity too.



Read Philippians 4:8-9

- Take some time to reflect on things that are noble and admirable. We will find all such qualities in our Lord and Saviour Jesus. It is good for us to meditate on these things. Spend time sharing such meditations.



Pray

PHILIPPIANS 4:10-23

CONTENTMENT & CARE



Intro

- Who wants to learn “the art of contentment”!?!?
- Finish the sentence: “I’d be happy if...”



Read Philippians 4:10-23

- What does Paul mean when he says that he has learned contentment (v11-12)? Unpack each season of life he mentions and what contentment might mean.
- Note that Paul has learned this. “I can do all this through him who gives me strength” (v13) is not a pithy statement but a reflection on how God has given him strength through many seasons. Has anything stood out to you from Philippians that might help you be more content? Are there things you’ve learned from Jesus over the years that has helped?
- On top of this Paul finds great encouragement in the Philippians who found a way to share in his troubles (v14). What has this looked like in their partnership in the gospel?
- Christian care is a gift to God (v18) and others. Describe the motivations and benefits of practicing this as a church.

- How does contentment relate to caring?



Living it out

- Share examples where you've been blessed by others.
- What makes it hard to practice this (there's an art to giving and receiving!)?
- How would you reword the opening question "I'd be happy if..."



Pray

NOTES & PRAYER POINTS

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