



Happiness is a chance; joy is a choice. The book of Philippians is full of wisdom regarding how we can learn to rejoice in the Lord regardless of our circumstances. Life is full of potential joy killers, but faith is full of joy fillers. And we get to choose!

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.

Joy is under attack when we're focused on our spiritual resume. The more we trust in the things we've done, the less we understand what Jesus has done for us. This is why Paul writes in Philippians 3 about how to safeguard your joy by cherishing Jesus over and above everything else in life.

1 To kick things off, share the grossest thing you had to clean up/deal with in the last month. Later, when Paul says everything is "garbage" compared to Jesus, insert the grossest thing of the group at that word when you read verse 8.

2 Read Philippians 3:1-6. Paul warns against a major **Joy Killer: Trusting In How Good You Are.** What is it about people that we want to validate ourselves by what we've done? How might that kill our joy?

3 Read Philippians 3:7-11 (don't forget to replace "garbage" with whatever your group came up with). Paul uses sweeping, strong language to emphasize a **Joy Filler: Trusting How Good Jesus Is.** If you were talking to someone who knew nothing about Christianity, how would you explain this passage? Why does "faith in Christ" matter at all?

4 Read Philippians 3:12-14. Notice how differently Paul talks about himself in these verses compared to verses four through six. How does trusting Jesus keep us humble? Follow up question: what's the point of pressing on if our faith is in Jesus?

5 Read Philippians 3:15-17. We're not striving alone - there are people alongside us and around us who can help us. Paul says to **find people who trust Jesus with their whole lives.** Do you have people like that in your life? If so, who? And if not, what are ways you can seek them out?

6 Read Philippians 3:18-21. To finish, pray a prayer for those who are currently enemies of the cross of Christ. Pray that they would come to know the love of Jesus and trust Him as Lord. Pray also for Jesus to return and set all things right.

