



joy REVOLUTION

Joy Revolution - Philippians • July-September 2019

Overview

As we consider the issues of our day and the state of mental health, it seems that we're finding less and less to celebrate. And even when we do, is it ever based on more than circumstances? Could there be another way? Enter Philippians - a letter Paul wrote from a Roman prison - where a major theme is joy. Over 9 weeks, we'll look at the 9 sections of the letter every single one of which has something to say about joy and where it can be found. Could it be that we would reverse the trend of our culture and start a joy revolution?

Outline

1. Philippians 1:1-11
2. Philippians 1:12-26
3. Philippians 1:27-2:11
4. Philippians 2:12-18
5. Philippians 2:19-30
6. Philippians 3:1-11
7. Philippians 3:12-4:1
8. Philippians 4:2-9
9. Philippians 4:10-23

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Week 1 • 7 July 2019 • Philippians 1:1-11

1. If you stopped a random person in the street and asked them to define joy, how do you think they would answer?
 - a. Do you think it would be any different to your answer?
2. What evidence do you see in our society that we need a joy revolution?
3. Paul found joy in the Philippians' partnership with him in the gospel.
 - a. What does Acts 16 show about Paul's experience sharing the gospel and why partnership would have been dear to him?
 - b. What do you find hard about following Jesus and sharing Jesus in your world?
 - c. How would a deeper partnership with one another here be helpful?
4. What do you think is distinctive about church community and the way we're able to support one another?
 - a. If partnership - fellowship - brings joy for people in hardship, how might this affect the way you seek to support people who are far from God?
 - b. What impact might this have on them?

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Week 2 • 12 July 2019 • Philippians 1:12-26

1. Read verses 12-26. What reasons did you see for Paul celebrating? Does anything surprise you?
2. Paul could see that God had actually used really challenging circumstances to bring about good.
 - a. Can you think of examples of where this has happened in your life?
 - b. What impact might it have for people's wellbeing if they could learn to find a reason to celebrate in trials?
3. Paul takes this to the ultimate level as he talks about how he sees death.
 - a. What benefit did Paul see if he got to die?
 - b. What purpose did he see in his life if he remained on earth?
 - c. How are these two linked?
4. Paul's understanding of purpose gave him a fresh perspective on all circumstances.
 - a. What does this passage show about what our purpose should be?
 - b. How can you actively pursue that this week?

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Week 3 • 21 July 2019 • Philippians 1:27-2:11

1. In light of this passage, what do you now understand about living a life worthy of the gospel (the good news about Jesus Christ)?
2. One of the themes of this passage is unity (see 1:27, & 2:1-2).
 - a. What does Psalm 133 say about unity and why do you think it is so important to God?
3. Read verses 3-4.
 - a. What does it take for unity - something Paul found joy in - to be maintained?
 - b. What are some practical examples of how living out these verses might look?
4. Read verses 5-11 - the centre-piece of the whole book.
 - a. What stands out in the example of Jesus Christ?
 - b. What aspect do you find most confronting to the way you live or have lived?
 - c. Why not spend some time thanking God for Jesus and praying for help in living out his example.

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Week 4 • 28 July 2019 • Philippians 2:12-18

1. Read verses 12-13.
 - a. How did Paul see the relationship between our effort and God's role in our journey of becoming like Jesus?
 - b. What does it look like to partner well with God?

2. Paul's desire for the church was that they would shine like stars in their culture.
 - a. How does this concept align with Matthew 5:14-16 and 1 Peter 2:12?
 - b. What impact might such lives have on those around us?

3. Paul saw that even though his work was hard, it brought him joy because it was helping people follow Jesus - something with eternal impact.
 - a. In all that you are doing, how much of it will have an eternal impact?
 - b. What is one step you can do today to begin making more of an eternal difference in people's lives?

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Week 5 • 4 August 2019 • Philippians 2:19-30

1. Who were your childhood heroes? Why did you celebrate them?
2. Have a look at the stories of Timothy (2:21-22) and Epaphroditus (2:28-30).
 - a. What was it that Paul celebrated in the lives of Timothy and Epaphroditus?
 - b. How can you see the story of Jesus (2:5-11) reflected in their lives?
3. How does this compare to what we honour people for in our culture?
4. Look again at v21 and v29-30.
 - a. What do you find challenging about this?
 - b. Why not pray about this together and ask God to help you live this out and become more of a person that others can celebrate.

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Week 6 • 11 August 2019 • Philippians 3:1-11

1. What achievement in life are you most proud of?
2. Paul found value in his heritage and own righteousness. What are the things in your life where you find your value? Where do we find ourselves relying?
3. Read Philippians 3:1-11. What does it suggest about the things Paul rejoiced about in Jesus?
4. Share together the things that you celebrate about Jesus.
 - a. What have you learned about how to keep these things fresh and top of mind for you?

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Week 7 • 18 August 2019 • Philippians 3:12-4:1

1. What goals do you find helpful in motivating you to work hard after them?
2. What do we learn from this week's passage about what motivated Paul? How does it compare to the things that motivate us?
3. Paul called his readers to fix his eyes on those who lived in pursuit of Jesus.
 - a. Who have you found to be a great example of how to pursue Jesus passionately?
 - b. What was something significant you learned from them?
4. Paul's encouragement was to fix our eyes on heavenly things and not earthly things.
 - a. It has been said that people who are too heavenly minded are of no earthly good. What do you think Paul would say about this?
 - b. If you were fixated on heavenly things, what would change about how you live now?



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Week 8 • 25 August 2019 • Philippians 4:2-9

1. Paul mentions being anxious in this passage - it's a common word today. Where do you see anxiety in those in your world and what are its causes?
2. Have a look at verses 6-7.
 - a. What does Paul see as the fruit of prayer?
 - b. What do you find yourself becoming anxious about? Why not take some time to pray together.
3. Take a moment to pause and think. What things have most occupied your thoughts today.
 - a. How do these things compare with verse 8.
 - b. What steps could you take to focus your thoughts on the things in verse 8?
4. One way to focus our thoughts is through meditating on and memorising Scripture.
 - a. Why not challenge one another to take time each day to ponder one of the following verses (Phil 4:6-7, Isaiah 26:3, Isaiah 30:15).
 - b. If you did this, what do you think might happen?

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Week 9 • 1 September 2019 • Philippians 4:10-23

Paul found joy in other people showing concern for him and yet it seems he has found a greater joy... contentment.

1. What have you learned about the secret of contentment in any situation? Are there moments when contentment is harder than others?
2. Philippians 4:13 is a well-known verse but, as you look at the preceding verses, what do you think Paul is saying?
3. Paul celebrates the generosity of the Philippian church and how they showed their concern for him through giving.
 - a. Why do you think giving to others is pleasing to God? (v18)
 - b. If giving to others pleases God and brings joy to others, what steps can you take to grow in this?
4. Paul closes with a startling statement - that there were believers in Caesar's household! It reminds us that God has scattered Jesus followers everywhere.
 - a. Where has God placed you and what can you be doing to make a difference there?