

# PHILIPPIANS



Week 1: Joy in Christ

OCTOBER 2  
MCA DISCUSSION GUIDE

## Sermon Outline

### Key verse

*Rejoice in the Lord always. I will say it again: Rejoice!*

Philippians 4:4

### 3 Ways to increase your joy

#### 1. Support of friends

*I always pray with joy because of your partnership... all of you share in God's grace with me.*

Philippians 1:4-5, 7

#### 2. Service to others

*And this is my prayer: that your love may abound more and more.*

Philippians 1:9

#### 3. Spiritual growth

*So that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.*

Philippians 1:10-11

## Opening Thought

Over the next nine weeks we will explore the book of Philippians. This letter focuses on discovering contagious joy in the Lord. It was written while Paul was imprisoned, and helps us to flourish as part of God's kingdom regardless of our circumstances.

As Paul begins his letter, he shares his hope for the church, that we increase our joy through the support of friends, service to others, and spiritual growth.

## Ice breakers

- What is the best thing that happened to you this past week?
- Are you a worry-wart or do you tend to be easy-going?

## Dig deeper

- Do you think people are less happy today than they were 25 years ago? Why?
- John mentioned three ways to increase your joy. Which are you doing the best in right now? Which one needs the most improvement?
- How does Paul's statement in Philippians 1:6 bring joy to you?
- What seems to consistently threaten your joy?
- Despite challenging circumstances and his prison chains, Paul rejoices. When we encounter the troubles of everyday life, how can we choose joy?
- What has helped you grow spiritually in the past?

## Closing

Close in prayer with Philippians 1:9-11

*<sup>9</sup> And this is my prayer: that your love may abound more and more in knowledge and depth of insight, <sup>10</sup> so that you may be able to discern what is best and may be pure and blameless for the day of Christ, <sup>11</sup> filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Amen.*