

"SIMPLY HAPPY"

Week 5

KEY PASSAGES:

Nehemiah 8:10 the joy of the Lord is your strength.

John 17:13 "that they may have the full measure of my joy within them

Philippians 2:14 (AMP) Do all things without grumbling and faultfinding and complaining, and without questioning and debating--both against God and among yourselves.

Proverbs 4:23 (ERV) Above all, be careful what you think, because your thoughts run your life.

Philippians 4:8 whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 3:1 Further, my brothers and sisters, rejoice in the Lord!

Philippians 3:7-8 Whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage...

Philippians 3:8-10 I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ - yes, even to know the power of his resurrection and participation in his sufferings, becoming like him in his death..

Philippians 3:12-14 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 2:12-13 continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.

Philippians 1:6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."

Ephesians 2:10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

QUESTIONS:

1. Are you a roller coaster fan? If yes, what coasters are your favorite?
2. Share a point in your life where you set a goal and were able to achieve it.
3. Now, can you identify some pursuit, hobby or interest of yours that isn't something you necessarily achieve, but is more about the process and the journey?
4. What are some examples of Christians turning 'knowing Jesus' into a results-based achievement?
5. Read Philippians 3:7-8 above. Knowing how strong Paul's choice of language is here for 'garbage', are there things in life you once put a high value on that you would now regard as, um... 'dung'?
6. There are 3 primary ways we tend to find our value & identity that result in us experiencing that roller coaster: 1) what we do 2) what we have 3) how we are regarded. We want "the surpassing worth of knowing Christ" (v7) to be what matters most, but which of those three puts up the hardest fight for you?
7. In addition to this week's focus on the ongoing work of *knowing Christ*, remaining in Him and growing that relationship, in this series we've also touched on disciplines relating to gratitude, serving, humility & complaining. Are there any practices, take-aways or reminders that have been particularly helpful for you? Difficult for you? Spend time praying about these together.