



**PHILIPPIANS:
ENJOYING LIFE**
An interactive Bible study for
individuals, families,
and LIFE Groups

~Week One~
"Joyful Confidence"
Philippians 1:1-8

SERMON NOTES

A FEW PRELIMINARIES AS WE BEGIN

- **These weekly lesson guides** complement the teaching at UPC on the book of Philippians. Each lesson includes a "Recall" section in which you look back at the Sunday sermon. If you miss a sermon, you can listen to it online at www.upc-orlando.com.
- The **theme** of Philippians is JOY. The word is mentioned 16 times in the letter. The author, Paul the apostle, develops this theme as follows:
 - Chapter 1** – Joy in suffering
 - Chapter 2** – Joy in serving
 - Chapter 3** – Joy in persevering
 - Chapter 4** – Joy in trusting
- **What else should you know about Philippians?** Paul wrote this letter around A.D. 60, during his first imprisonment in Rome. Ten years earlier, he had visited Philippi and established a church. The Philippians loved Paul dearly, and he loved them. He was concerned about the false teaching, persecution, and conflict taking place in Philippi. He urged the believers to rejoice at all times and stay faithful to God and to each another.

WARM UP

Name at least three things that bring you joy:

RECALL THE SUNDAY SERMON

Read Philippians 1:1-8

- What circumstances was Paul enduring when he wrote his letter to the Philippians?

b) Despite these difficult circumstances, Paul exudes joyful confidence. In verses 1-8, what can you identify as the source(s) of that joyful confidence?

c) What do you learn about Paul's prayer life in this section?

d) Share an insight or "Aha!" moment you got from this week's sermon:

e) How did the sermon point you to Jesus Christ?

REFLECT A BIT FURTHER

a) Take an inward look. How do you typically respond to stressful circumstances? That is, what is your default coping strategy?

b) Which best describes your mood during times of stress: joyful confidence, inner turmoil, anger toward others, or resignation?

c) Look again at what you wrote in (a) and (b) above. Do they reveal that you often look to something or someone besides Jesus to find joy and confidence? If so, what (or who) are they? How well is that working for you?

RESPOND TO GOD'S WORD

a) Identify a stressful circumstance you are dealing with right now:

b) What would help you experience more joy and confidence about that situation?

c) In the space below, write down Philippians 1:6 but change the word "you" to "me."

d) Memorize this verse and review it at least once a day this week. See what God will do as you "preach the gospel to yourself."

"Seek to cultivate a buoyant, joyous sense of the crowded kindnesses of God in your daily life."
(Alexander MacLaren, 1826-1910)