



June 19 - August 21, 2022

Friendship. Joy. Partnering together and pure amazement of Jesus. This is the letter of Philippians. Starting as an eclectic church plant, with the core members being a blue collar worker, wealthy business woman and oppressed girl rescued from slavery (Acts 16 tells the story). This church loved Jesus and partnered with Paul to further the gospel. About 10 years later, Paul wrote to this church pouring out his love and gratitude to God, for their faithfulness and friendship. Come and explore this joyful letter with us, as we too are reminded of the joy of partnering with the gospel and the community Jesus creates.

This term we will be using a Matthias Media resource in our Community Groups called [Philippians: Partners For Life](#). It contains 8

interactive small group studies on the book of Philippians. Each group member will have access to a PDF of this booklet and hard copies can be purchased at Koorong or via the Matthias Media website.

The table below gives you the study and verses to use each week.

Most line up quite well with our sermon series, but there are 2 changes to note:

- 1) Study 2 and 3 have been swapped around to line up with our Bible talks
- 2) There is an extra study, not from the booklet, for August 14. It's available below

Sunday	Sermon	Study	Verses
19 June	Philippians 1:1-11	Study 1	Philippians 1:1-8
26 June	Philippians 1:12-30	Study 3	Philippians 1:12-30
3 July	Philippians 2:1-11	Study 2	Philippians 1:9-11
10 July	Philippians 2:12-18	Study 4	Philippians 1:27-2:11
17 July	Philippians 2:19-30	Study 5	Philippians 2:12-30
24 July	Philippians 3:1-11	Study 6	Philippians 3:1-11
31 July	<i>Acts 5</i>		

7 August	Philippians 3:12-4:1	Study 7	Philippians 3:10-4:1
14 August	Philippians 4:2-9	Extra Study Below	Philippians 4:2-9
21 August	Philippians 4:10-23	Study 8	Philippians 4:1-23

I'm praying that our time in Philippians would help us experience deeper joy in being gospel partners and that we would keep encouraging each other. As Paul says in Philippians 1:6, "I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus." May this attitude be the heartbeat of our church too.

Luke Dahlenburg

August 14

Extra Study: Peace and Joy

Philippians 4:2-9

Note: This could be quite a challenge in topic for some in your groups. Do approach this with grace and love and work at creating a space where people can share and pray, without feeling any burden. Chat with Luke if you have any further questions.

Introduction

Being overwhelmed is the new normal. The feeling that we are in over our heads affects one in five of us to a paralyzing degree. Cost of living, sickness, work pressure, kids, change of life seasons and the constant stream of discouraging news feels never ending! As those who love Jesus, our hearts are slowly being changed from being anxious about the problems and difficulties of life, into people who know that thier good, sovereign God not only commands his children to “stop perpetually worrying about stuff.” But who gives grace and peace and perspective along the way.

Share how you would describe our culture's attitude towards stress and worry.

Surveying God's Word

Let's scope out the issue with care and sensitivity by first seeing that Paul and Jesus had moments of deep worry and anxiety too.

Take turns in the group reading out loud the following:

1. Philippians 4:4-9
 2. Matthew 5:25-34
 3. Luke 22:39-44
 4. 2 Corinthians 11:28
 5. 1 Peter 5:7
- What do they all tell us about moments in life that are difficult and cause us worry and stress?
 - What do Paul and Jesus do in these moments?

- Read Psalm 40:1-5 and Psalm 42 and comment on how David is feeling. What does he do when feeling like this? What changes at the end of the Psalms?
- Read Philippians 4:4-5. What do you think is the significance of Paul repeating the words rejoice? What sort of perspective does it give to know the Lord is near (Near in this context is the return of Jesus)?
- Read Philippians 4:6-8. How do the previous verses speak into what Paul now says?

A Glorious Perspective

Some of us will experience a kind of anxiety that is bigger and more long lasting than just a season - perhaps some of the biblical data we have read doesn't quite tease this out as much as we'd like it to. There are times when medication and professional help is a wonderful gift of God to us as we work through challenging times.

- In light of that, read 2 Corinthians 4:17-18. What does this tell us about every challenging situation we face in this life? What perspective does God give to us in these times? You may like to broaden the question here to include all sorts of challenges - lack of sleep as a new parent, a hostile workplace, ongoing sickness, etc.

Input and Output Thinking

To end, jump back over and read Philippians 4:8-9 and discuss the type of inputs that Paul urges the Philippians to focus on, regardless of how they feel and what's happening in their life.

For example, it's really easy to develop habits that don't help us rest well. The founder of Netflix once said that sleep is their greatest obstacle. An interesting reflection. Some parts of our life aren't always helpful to giving our bodies the rest we need in a wired world. Exercising, sleeping, eating well, rest are all God given inputs to help our mental wellbeing. It may be that there are a few small changes you can make to help you dwell on the things Paul mentions.

If you want to, share and pray about then as a group and think about what some of this may look like today.