

JOY



IN THE MIDST

WEEK 3: JOY...IN SPITE OF CRAZY PEOPLE (PHILIPPIANS 2)

WELCOME

Share a funny story about when you tried something (a hobby, sport, study, class, etc.) and failed miserably.

WORD

1. Identify the characteristics of humility that Paul lists in **Philippians 2:1-4**.

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2. A Harvard study showed that people complain about 30 times a day? How does complaining impact our mental health and spiritual health? What can we do to choose joy and break the habit of complaining?

3. Reflect on **Philippians 2:6-11**

- How is Jesus described in these verses?
- What actions does Jesus take in these verses?
- How do Jesus' attitude and actions in these verses reflect the ultimate expression of humility?

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4. In the video lesson, Kawika Keliikuli quoted John Maxwell: “To show value to others, you must first value others.” How can we intentionally and humbly show value to “crazy people” (aka, difficult individuals)?

5. According to Paul in **Philippians 2:14-18**, what characteristics differentiate Christians from unbelievers?

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6. What brought Paul joy in **Philippians 2:19, 25-30**? Why did these things bring him joy?

WORSHIP

Read and pray exercise:

- Ask someone to read **Isaiah 45:22-23** and then ask another person to pray, thanking God for salvation and acknowledging that He is worthy of all glory.
- Next, ask someone to read **Hebrews 1:3-4**, and then ask another person to pray, thanking God that Jesus has all authority, for He is perfectly righteous.
- Finally, ask someone to read **1 Peter 1:21-24** and then ask another person to pray, thanking God that Jesus is the example of humility for all of us.

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WITNESS

Share the following with the group: How are you doing with the person you are “being a Philippian to”? Ask for prayer if you need to deal with a difficult person this week (to avoid gossip, DO NOT share the name of the person unless absolutely necessary).

PERSONAL REFLECTION & DEEPER STUDY FOR THIS WEEK

- Memorize **Philippians 2:3-4**
- Read **Matthew 5:38-48**. How does Jesus say we should treat difficult people? How does keeping difficult people in your life make you more like Jesus? What can you do to keep difficult people in your life?
- Read **Psalms 77**. What does the author say about worry, joy, and trusting God? Be detailed and write down the verses that discuss worry, joy, and trusting God. Additionally, write down how the verses refer to worry, joy, and trusting God (as well as the implications of the verses about worry, joy, and trusting God).