



Week Two

Opening Prayer

God, thank you for bringing us together today to encourage each other as we learn to follow you. May we experience the true joy that comes only from you. Amen.

Talk It Over

Joy can be such a hard thing to find these days. Have you noticed that joy seems to be in shorter supply than ever before? In our series, "Know Joy", we are discovering how we can truly know and experience joy in all circumstances.

- What kinds of other emotions seem to take the place of joy most often for you?
- In a culture that seems to be more and more angry, are there any ways to protect your joy from the influence of external circumstances? Explain.

Read Philippians 2:1-2

We are looking again at the book of Philippians, a letter that Paul wrote to the Philippian church. Paul asks a few questions in these verses that are good challenges and we can ask the same questions of ourselves today.

- Has your life changed at all from following Jesus' teachings? If so, how?
- On a scale of 1-10, how would you rate yourself in the areas of tenderness and compassion? Why?

Read Philippians 2:2

In this verse, Paul tells us to work together in unity. He doesn't tell us that we must become uniform in our beliefs, political views, sports teams we follow, what family we will visit for the holidays, or viewpoint on cultural issues. He does tell us that we need to be united despite all our differences.

- Can you give an example of a band or movie you love that a spouse or friend might totally disagree with?
- Can you give some examples of working together as a united group while keeping your individuality?
- Can you give some examples of loving someone while at the same time disagreeing with them on a topic?

Read Philippians 2:3-5

Paul speaks in depth about humility in these verses. By embracing humility, you're asserting that you and others are a creation of priceless worth.

- How does this affect the understanding that you've had of humility up to this point?

Read Philippians 2:6-11

In these verses Paul demonstrates how Jesus approached humility in his own life. What we can learn from this is that if you want to find joy in your own life, make your life about something other than yourself.

- Have you ever participated in something bigger than yourself? What was it like?
- How can you put it in practice to make Jesus primary in your life and everything else secondary?

Closing Prayer

God, we want to know joy. We want to experience that sense of hope that only comes from you. Help us to find unity together, to embrace humility, and to place you first in our lives this week. Help us to move towards more joy in our lives. In Your name we pray, amen.

Bonus Challenge:

Read Philippians 2:3-5 as you start each day this week and turn it into your prayer, focusing on unity while still appreciating each other's uniqueness.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group connect in friendship and grow faith.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressure to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith for your specific group.

Spend some time praying about your group, preparing your heart, and asking God for wisdom and guidance regarding your specific group.