

Name: \_\_\_\_\_



# JOY

Philippians

Weeks 13-16

4G Series - 2023 - [cbcfamily.net/4g](http://cbcfamily.net/4g)  
Calvary Baptist Church  
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## Introduction to the *Joy* series.

One of the unmistakable signs of the presence of God in someone's life is Joy. So, a gloomy Christian is a contradiction in terms. Christians should be people of joy. A joyful Christian is a good representative of the good news, the gospel to a world that is often joyless.

Are we the kind of church that brings joy to people here inside our church? Are we the type of church that brings joy to those in our community on the outside of our church? Both are good questions to ask.

Philip Cole  
Smithville Campus Pastor

### Introduction To The 4G Guide

#### *GATHER – GOD – GROUP – GIVE*

It's important that we *GATHER* each week as a church family. Still, God wants us to take what He's teaching and apply it to our daily lives. This is the heart of the 4G Guides. These guides are written to encourage you in your personal *GOD TIME* and in your small *GROUPS*. They are designed to help you understand what God is teaching and apply it to your life. This understanding through application enables you to take what you are learning and *GIVE* it to others.

Unless otherwise indicated, all Scripture references are from the *Christian Standard Bible* (CSB Text Edition: 2020).



## USING THE 4G GUIDE

Each week is divided into four sections:



### Gathering Time

On Sunday mornings we gather to worship, hear God's message, and be challenged to apply His word. You'll find the weekly Gathering Time sermon outlines and notes sections in this booklet.

If you need to join us online, go to [cbcfamily.net](http://cbcfamily.net) and click "Watch Live"



### Group Time

We learn from one another! 4G Groups meet to dig deeper into the weekly material. Group Time outlines are simple enough for anyone to facilitate. In addition, short videos and other helpful resources are posted often on our 4G webpage.



### God Times

Personal worship is vital to the Christian walk, so we've provided five daily devotionals for each weekly topic. This is your time to meet with God one-on-one in a guided devotional format. Once your God Time is finished, pray, seeking direction for the day.



### Family Time

Family worship glorifies God. To help, we have created simple Family Time devotionals. In addition, to help get the conversations flowing, video or story guide links will be posted on our 4G webpage.

[cbcfamily.net/4g](http://cbcfamily.net/4g)





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**A PRAYER EVENT FOR THE ENTIRE FAMILY**  
**SUNDAY, SEPTEMBER 17, 4-5 PM**  
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[cbcfamily.net/prayer](http://cbcfamily.net/prayer) **UP words**  
Prayer Team



**Kids Fall Fun Festival (PreK – Grade 6)**  
Hosted by CBC Prime Timers  
**Games, Food, Crafts**  
**Saturday, October 7, Bastrop**



**DEEP ROOTS & ABUNDANT FRUIT**  
**2023 WOMEN'S CONFERENCE**  
**SATURDAY, OCTOBER 14**  
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**Sunday, October 15**  
**3-5 PM, Smithville**  
Vision, Mission,  
Membership, Service  
Register today: [cbcfamily.net/on-ramp](http://cbcfamily.net/on-ramp)



Save The Date!  
**ANNUAL CHURCH**  
**Picnic**  
Sunday, October 22



Gathering Time (Sermon Outline)

Gathering Notes

Date: \_\_\_\_\_

Philippians 4:8-9

Horizontal lines for taking notes.

\_\_\_\_\_ Types of \_\_\_\_\_:

*Philippians 4:8-9*

1. \_\_\_\_\_ Thoughts

*Matthew 12:34-35*

2. \_\_\_\_\_ Thoughts

*Philippians 4:8*

3. \_\_\_\_\_ Thoughts

*Philippians 4:8-9*

Three, Thought / Attentive / Virtuous / Working



**Group Time**

**LOOK BACK:**

1. Each participant shares one praise and one prayer request. (Commit these to prayer for the coming week.)

2. ENCOURAGEMENT 1-on-1 (See last page for directions)

Y / N	Y / N	_____
_____	_____	

3. Review last week's lesson.

What happened during your times of request with God?

**LOOK UP:**

**Question:** Have you ever used the GPS on your phone for directions, and it got you to the wrong place?

1. Review your Gathering Time sermon notes.
2. **Context:** What and who we follow matters and Paul is coming to the end of this letter to his beloved Philippians. In verse 8 he focuses on specific words and principles we should dwell upon: True, honorable, just, pure, lovely, commendable, moral excellence, and praiseworthy. This is a top-shelf list, and we need to ask: What if I measured everything in my life, especially my time, by these standards?

And in verse 9 he holds himself up as an example to follow. While this might seem arrogant, Paul knows the importance of having an example to follow. In the case of the Philippians, he has been a loving dedicated example, and they in turn have followed well. Again, it's a relationship built on the common love for the saving faith of Jesus Christ. Paul has directly experienced the peace of God – remember he's in prison – and he wants them to experience this same kind of peace.

1. Discussion: Read Philippians 4:8-9

<sup>8</sup> Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. <sup>9</sup> Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.

**Verse 8: "... dwell on these things."**

- How would you define **true**, and how can we know what it is?
- How would you define **honorable**, and how can we know what it is?
- How would you define **just**, and how can we know, what it is?
- How would you define **pure**, and how can we know what it is?
- How would you define **lovely**, and how can we know what it is?
- How would you define **commendable**, and how can we know what it is?
- How would you define **moral excellence**, and how can we know what it is?
- How would you define **praiseworthy**, and how can we know, what it is?

**Verse 9:** In an age of counting followers and seeking influencers:

- Who do you follow? Or better yet, what do you dwell on? Where and how do you spend your time?  
\_\_\_\_\_
- Who do you influence?  
\_\_\_\_\_

How would any of those listed stack up to the eight principles listed in verse 8? What does this say about who you follow and/or what you dwell on?

**LOOK FORWARD: Application**

**Point:** *Where and how we dwell matters – to us and others*

- Simple question: What do you need to stop or start doing?

God Time Day 1: How Our Thoughts Define Us



You may have heard the phrase, “self-fulfilling prophecy.” Our thoughts and beliefs greatly affect how we feel and how our lives unfold.

There are whole self-help industries built around the idea of “good thoughts” resulting in “good results.” There are also common false religious teachings along these lines. It becomes especially important for us to gain a biblical understanding and application of this dynamic.



Read Matthew 12:34b-35, NIV.

<sup>34</sup>For the mouth speaks what the heart is full of. <sup>35</sup>A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.



Circle the source for what comes out of the mouth. (v. 34)

The condition of the heart – whether it is full of good or evil – determines the results. The Bible makes it clear that apart from God’s redeeming work, the human heart is – by nature – full of evil (Ecclesiastes 7:20; Jeremiah 17:9; Romans 3:23). But if we submit to God, He gives us a new heart, in His image (Ezekiel 36:26; Jeremiah 31:33; John 3:3-5).

Even once we have been born again and have God’s Spirit within our hearts, we must remain diligent to cultivate godly thinking and weeding out all worldly thoughts, bitterness, and complaining (Ephesians 4:22, Romans 12:1-2; 2 Corinthians 10:5)

Identify one nagging thought you need to prune so your heart can be more pure.

\_\_\_\_\_



What step(s) will you take to combat that nagging thought and concentrate more on God’s work to redeem all things?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

God Time Day 2: Attentive Thoughts



The foundation of learning is paying attention to and remembering the truth. Getting into a bad situation is often either simply the result of not paying attention or deliberately ignoring truths. So, to follow Christ, we must pay attention!



Read 1 Timothy 4:11-16.

<sup>11</sup>Command and teach these things. <sup>12</sup>Don’t let anyone despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, and in purity. <sup>13</sup>Until I come, give your attention to public reading [of God’s Word], exhortation, and teaching. <sup>14</sup>Don’t neglect the gift that is in you; it was given to you through prophecy, with the laying on of hands by the council of elders. <sup>15</sup>Practice these things; be committed to them, so that your progress may be evident to all. <sup>16</sup>Pay close attention to your life and your teaching; persevere in these things, for in doing this you will save both yourself and your hearers.

Underline each action Paul orders Timothy to undertake.



Circle the items which Timothy is to pay “attention” to in verses 13 and 16.

What will be the result of his “attention?”

\_\_\_\_\_  
\_\_\_\_\_

(Note: The word “save” in verse 16 is not salvation. It refers to keeping both yourself and others from unnecessary trouble and on the right path.)



Put into your own words how you will keep your attention and focus, on the truth of God’s Word and apply it to your life. (Refer to Week 14, Day 5.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**God Time Day 3: Virtuous Thoughts**



Because our thoughts and focus are so important, we need a clear criterion for what kinds of specific things we should think about and pay attention to.



Read Philippians 4:8, NIV.  
*Finally, brothers, 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.*

Circle one of these descriptors from the verse that you would like to focus on:

True          Noble          Right          Pure  
 Lovely      Admirable      Excellent      Praiseworthy



Define what this word means to you:

\_\_\_\_\_

\_\_\_\_\_

Prayerfully focus on this word and its definition this week.

**God Time Day 4: Working Thoughts**



Effective thinking and focus always leads to action. With that idea in mind, read Paul’s very next verse to the Believers in Philippi.



Read Philippians 4:9, NIV.  
*Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

Underline the action these Believers are to take.



Circle the result of this action.

Put this result into your own words:

\_\_\_\_\_

\_\_\_\_\_

Continue to focus your thoughts on your Day 3 word.

**God Time Day 5: More Than “Thoughts And Prayers”**



Read James 1:22-25.

*<sup>22</sup> But be doers of the word and not hearers only, deceiving yourselves. <sup>23</sup> Because if anyone is a hearer of the word and not a doer, he is like someone looking at his own face in a mirror. <sup>24</sup> For he looks at himself, goes away, and immediately forgets what kind of person he was. <sup>25</sup> But the one who looks intently into the perfect law of freedom and perseveres in it, and is not a forgetful hearer but a doer who works—this person will be blessed in what he does.*

In verse 22, what is the result of failing to do “the word” (what we know to be true)?

\_\_\_\_\_



In verse 25, what is the result of someone who does follow through with what they know to be true?

\_\_\_\_\_

\_\_\_\_\_

There is a common tendency for some people to say they will pray about a situation, but their promise to pray ends when they leave the room. A doer of God’s Word will follow through with prayer – true prayer. And it is even more than just words, it expects God to act. You may have heard this way of explaining this truth: “Someone who prays for a mountain to move will at least get started with a shovel and wheelbarrow.” Taking this kind of action is not an attempt to bypass waiting on God, but an act of faith that recognizes He prefers to work with us and through us – by our actions.

Read what James says later in James 4:17.  
*So it is sin to know the good and yet not do it.*



What is one thing you know God wants you to do that you have been avoiding?

\_\_\_\_\_

\_\_\_\_\_

Take action today!

## Family Time



## Main Idea:

## Focus

Make sure the string is pulled taut and then release the balloon. It should sail along the string to the other person.



## Key Verse: Philippians 4:8-9

*<sup>8</sup> Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. <sup>9</sup> Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.*

## Equipment Needed:

You will need a 6-foot-long string, a balloon, a pair of scissors, a straw, and some tape.



## Read:

Philippians 4:8-9



## Discuss:

This verse tells us eight things that God instructs us to focus our thoughts on. Name the eight things. Go through each one and make sure you understand the meaning of the words. If not, use your dictionary and look up the words in question.

If we are focused on what is true, honorable, right, pure, lovely, commendable, excellent, and praiseworthy, then we know that we are headed in the direction that God wants us to go. Which balloon was most like focusing on what God wants us to think about? The balloon that wasn't on the string, or the one that was on the string?

Which of the things listed in Philippians 4:8 does Satan like? None of them. What happens if we decide not to do the honorable thing? Which one of the balloons would that be like? What happens if we decide to tell a lie instead of the truth?



## Pray:

*Dear God, help us to focus on the things that are true, honorable, right, pure, lovely, commendable, excellent, and praiseworthy. Amen.*



## Experiment:

- Blow the balloon up, but do not tie it. Let it loose in the room and watch where it goes.
- Cut the straw so that it is 4 to 5 inches long.
- Now, blow up the balloon a second time and hold the air in it. This time, tape a straw to one side of the balloon. Thread the string through the straw.
- One person will hold one end of the string. Another person will hold the other end of the string with the balloon close to the end. (The balloon is still inflated but not tied off.) The mouth of the balloon should be resting against the person's hand.

## The 3-Step "1-on-1 Encouragement" Process

*Let us hold on to the confession of our hope without wavering, since he who promised is faithful. And let us consider one another in order to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.*

Hebrews 10:23-25

1. Partner-up: Partners should be of the same gender. If there is an odd number three is okay but work swiftly.
2. Partners ask each other these five questions:

	1) Did you spend specific personal time in the <b>BIBLE</b> <u>each day</u> this past week?	These are "Yes" or "No" questions.
	2) Did you spend specific time in <b>PRAYER</b> <u>each day</u> this past week – not just for meals?	Any hesitations or "Well..." responses are circled "No."
	3) Did you do something specific to show Godly <b>LOVE</b> to someone this past week?	<ul style="list-style-type: none"> <li>• If so, the partner briefly shares the encounter(s) with their partner and, on the provided line, writes the name(s) of the person(s) they showed love to, shared the gospel with, or disciplined.</li> <li>• If not, leave the line blank.</li> </ul>
	4) Did you intentionally share the <b>GOSPEL</b> with anyone this past week?	
	5) Did you <b>DISCIPLE</b> anyone this past week? (Ex: Sharing with others from any of the Gathering, God, Group, or Family Times)	

3. Each partner prays for the other: No matter how or what the partner has done over the past week, this is an intentional prayer of **encouragement** for the coming week!