

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



# JOY

Philippians

Weeks 9-12

## 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)



# Take an International Missions Trip... To Houston

While only two hours away, Houston is one of the most ethnically and linguistically diverse cities in the country.

Join our partners **Global Gates** for a **two-night weekend mission or a half-day Temple-Tour**



Two-night Weekend Mission Dates:

(6 PM Friday – 3 PM Sunday)

September 15-17 or October 27-29

Half-day Temple Tour Dates:

(8:30 AM – 2 PM)

September 16 or October 28

Info meeting: Sunday, August 20, 4 PM Bastrop

Info & Registration: [cbcfamily.net/missions](http://cbcfamily.net/missions)

Wednesday Evenings are a “Thing”

**Awana  
Clubs**

Kids:  
4yrs old to Grade 6  
@ Bastrop

**STUDENTS**  
@ CALVARY

Bastrop &  
Smithville

**Adult Bible Studies**  
**Co-Ed & Women's Groups**  
@ Bastrop

\*August 16 is off.

**New season begins August 23 @ 6 PM**

**THE BRIDGE**  
YOUNG ADULTS

The Bridge is a gathering for Young Adults (post HS-30) to Grow their Faith through application-based Bible Study and Fellowship.

**Thursday Nights at 7 pm**

[www.thebridgebastrop.com](http://www.thebridgebastrop.com)



Gathering Time (Sermon Outline)

Gathering Notes

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

Philippians 3:1-3

Three \_\_\_\_\_ of Joy:

1. Joy Must Be \_\_\_\_\_.

*2 Peter 1:12-15*

2. Legalism Must Be \_\_\_\_\_.

*Philippians 3:2*

*Acts 15:1*

*Hebrews 11:10*

3. Our Identity Must Be \_\_\_\_\_.

*Philippians 3:3*

*Matthew 7:24-23*

Horizontal lines for taking notes.

Defenses / Protected / Prevented / Permanent



**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 page 46 for directions)

Y / N	Y / N	_____
_____	_____	

3. Review last week’s lesson.

What did you do to improve your dependability, genuineness, or faithfulness this past week? How did it go?

▶▶▶ LOOK UP:

**Question:** How many of you pride yourself in always having a “Plan B,” or always looking for a “both/and” opportunity?

1. Review your notes from the Gathering Time (Sermon).
2. **Context:** It’s good to remind us again of the context. Paul is in prison for his faith and could be executed any day. He is writing to his beloved Philippians who are bold in their faith and are being persecuted for it. Paul reminds them of both the source and direction of their joy – *the Lord*.

Paul warns them of those who are falsely teaching that it takes more than grace to be saved. Specifically, those who were teaching that one must become Jewish to receive God’s Messiah. This is a religion based on more than faith. It is based on outwardly worshiping an identity based on the flesh – circumcision.

Paul reminds them that their faith is true circumcision, a faith not based on one’s physical identity, but in an identity that boasts in Christ Jesus alone.

3. Discussion:

- How hard is it to have a faith that offers eternal salvation but is not earned?
- Have some fun; make a list of what you may have thought, or were told, were definite must-have guardrails regarding true Christian faith that was based on behavior and appearance. I.E., a true Christian would always..., or never... or would always look..., or would never look...

Now, put them in one of three categories:

Biblical

Well-Intentioned

Silly

- Have you ever felt, or do you feel now, that you are not good enough to be worthy of salvation?

Watch this video: [FallingPlates.com](http://FallingPlates.com)

The answer is the same for all of us, you now and never will be worthy. But Jesus Rejoice in His love gift to you!



aren’t is.

▶▶▶ LOOK FORWARD: Application

**Point:** Say “Yes” to Jesus. Boast in Him alone!

- Read Philippians 3:1-3.

<sup>1</sup> In addition, my brothers and sisters, rejoice in the Lord. To write to you again about this is no trouble for me and is a safeguard for you. <sup>2</sup> Watch out for the dogs, watch out for the evil workers, watch out for those who mutilate the flesh. <sup>3</sup> For we are the circumcision, the ones who worship by the Spirit of God, boast in Christ Jesus, and do not put confidence in the flesh—

Have you been trusting in your ability to be good enough to earn your salvation? “Do not put confidence in the flesh!” Boast in Christ alone! Do it with someone today and another this week.

**God Time Day 1: Do You Have Joy?**



Everyone encounters situations that can result in negative feelings and attitudes. Even Paul said he once faced circumstances where *“we were completely overwhelmed—beyond our strength—so that we even despaired of life itself.”* (2 Corinthians 1:8b) Yet he did not allow those difficult situations to determine his attitude or steal his joy.

Paul had an unshakeable, never-ending reason for joy: God Himself. The more we dwell on God and recount all the ways He has been good to us, the more secure we will be in our joy. This is what Paul meant when he wrote *“Rejoice in the Lord.”* (Philippians 3:1)

This kind of joy is not forced or fake cheerfulness. Rather, it is a way of reframing one’s experiences.

Consider this example:

- ☹️ Last year my gallbladder was removed. I was in bed for a long time.
- 😊 Last year I finally got rid of my gallbladder which had been giving me pain for years.

We all have known people who seem to make every circumstance something to endure and/or complain about, dragging down those around them (a.k.a.; Debbie Downer). We have also encountered others who seem to radiate joy despite challenges, lifting the mood of those around them.

If you had to choose between the two, which would be the best companion when you are facing a challenge?

How about you? Where would you rate yourself from 1 - 5?

Sour & Bitter	1	2	3	4	5	Radiant & Joyful
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List two ways you can *“rejoice in the Lord”* this week to increase your rating:

1. \_\_\_\_\_
2. \_\_\_\_\_

**God Time Day 2: Threats to Your Joy**



Satan’s goal is to keep us from rejoicing in the Lord in any way he can. He will use a variety of weapons:

- Distract or derail our attention on God with seemingly good things (ex: happiness).
- Overwhelm us with trials and sorrow.
- Keep us so busy we fail to spend time rejoicing.

And why does the enemy work so hard to threaten our rejoicing in God? He doesn’t want us to be strong.



Read Nehemiah 8:10b.  
*Do not grieve, because the joy of the Lord is your strength.*

Take a few minutes to list some of the ways the enemy is trying to destroy your joy.

\_\_\_\_\_

\_\_\_\_\_



Pray over each one and rejoice that God has given you this awareness. You will now be better prepared to avoid the enemy’s traps.

**God Time Day 3: Protect Joy**



Read Philippians 3:1.  
*In addition, my brothers and sisters, rejoice in the Lord. To write to you again about this is no trouble for me and is a safeguard for you.*

There is power in repetition (*RE-joice, again*). One of the most proven ways to protect godly joy is to “Count Your Blessings” or otherwise share the many ways that God has acted on behalf of His people. For biblical examples, see Psalm 107, 136, 2 Chronicles 6, and Romans 8.

In this song ([youtu.be/DMWrAqMWhWs](https://youtu.be/DMWrAqMWhWs)), leader recounts several signs of God’s favor asks, “Is it good that we remind ourselves this? It is.”



the and of



Give thanks and rejoice in what the Lord has done!

God Time Day 4: Prevent Legalism



One way the devil tries to keep us from the joy and strength of the Lord is the trap of legalism, or thinking our salvation is based upon what we do. This false teaching threatened the early church and still threatens the church today.



Read Philippians 3:2-3.  
<sup>2</sup> Watch out for the dogs, watch out for the evil workers, watch out for those who mutilate the flesh. <sup>3</sup> For we are the circumcision, the ones who worship by the Spirit of God, boast in Christ Jesus, and do not put confidence in the flesh.



Circle the last three words of v. 2 and the fifth word in v. 3.  
 Paul is talking about the false teachers who are trying to require Gentile Christians to follow the Law of Moses and become Jews – relying on their compliance with Jewish traditions like circumcision to gain salvation. All such rule-keeping and works-based salvation is contrary to salvation by grace.

Underline how true believers worship and in whom alone we boast (verse 3).

Here is a quote from C.S. Lewis: “Did you ever know . . . an organizer of charities that had lost all love for the poor? It is the subtlest of all the snares.”

Anytime the devil can get Christians thinking in legalistic terms, it always has the effect of diminishing joy. The reason is that it focuses on “being good enough” instead of delighting in the truth that God has saved us even though we don’t deserve it. Fear of not doing things well or right enough overshadows our reason for joy – our boasting in Christ Jesus.



Have you ever felt, or do you feel now, that you are not good enough to be worthy of salvation?

The answer is the same for all of us, you aren’t now and never will be worthy. But Jesus is. Rejoice in His love gift to you!

Watch this video: [FallingPlates.com](http://FallingPlates.com).



God Time Day 5: A Permanent Identity



In the passage on Day 4, Paul says, “We are the circumcision.” This means that we are the true people of God.



Now read Philippians 3:20.  
*Our citizenship is in heaven, and we eagerly wait for a Savior from there, the Lord Jesus Christ.*

Put into your own words what Paul means by “Our citizenship is in heaven.”

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Knowing with confidence who’s you are and the promise you’ve received is our greatest defense against evil and protects us from the devil’s attempts to destroy our joy. We have a permanent identity as God’s beloved children.

Take time to read all of Romans 8.



Write down at least three things that stand out to you from what you read:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How convinced are you that everything in Romans 8 is true?

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How does being reminded of these truths make you feel?

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If you have been struggling with doubt or lacking confidence in the salvation God has provided, pray now, and ask God to strengthen your faith in His grace. If you have never surrendered your life to Christ, ask why not?

Watch this video: [vimeo.com/389878453](https://vimeo.com/389878453).



Commit today to spend more time rejoicing in the Lord and fend off the devil’s attempts to destroy your true identity.



## Family Time



Main Idea:

Rejoice

**Key Verse: Psalm 64:10**

*The righteous one rejoices in the LORD and takes refuge in him; all those who are upright in heart will offer praise.*

**Object Lesson:**

You will need a set of dominoes or blocks for this object lesson. Once you have your family all together, start stacking the blocks one on top of the other to build a tower. With each new block, congratulate yourself on your success.

After you have a tower several blocks high, ask your children if they know what you are doing. Once they offer their guesses, tell them you are building a tower to heaven. Ask them if they think you will be successful. When they respond that it is impossible, ask them to tell you why it is impossible. Then share with them that, like building a tower to heaven is impossible, it is impossible to get to heaven by doing good works.

**Read:**

Philippians 3:1-3



**Say:** If ever there was a Jewish person who followed the law and could trust their works to get to heaven, it was Paul. You might say that when it came to being a Jew, Paul was pretty perfect. Even from his birth, Paul's parents followed God's law. Paul said he was blameless according to the law. But Paul knew that even he was a sinner and that his only hope, his only way to heaven, was to trust in Jesus.

Even if we could be sinless on the outside, we are full of sin on the inside. We have bad attitudes and live for ourselves and not for God. Even when we do good things, we often do them so that people think well of us. None of us are good enough to go to heaven without Jesus.

**Ask:**

- What did Paul say he did to live a perfect life as a Jew?
- What does Paul mean when he says that he puts no confidence in the flesh?
- What kind of good works do people think will get them to heaven?

**Pray:**

*Dear God, thank you for giving up your position in heaven to die for us on the cross. Help us to change our hearts and be more willing to give up things for others. Amen.*

