



No Grumbo Be Humbo

Joy Series

Lessons from Paul's letter to the Philippians in Chapter 2
December 1 - 2, 2018

1. Do an Attitude Check

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate?
² Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose (Philippians 2:1 – 2 NLT).

Secrets to Having Joy:

2. Take your Eyes off Yourself and Focus on Others

³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too. ⁵ You must have the same attitude that Christ Jesus had (Philippians 2:3 – 5 NLT).

- Realize Joy Cannot be Manufactured, it's a Fruit!

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control (Galatians 6:22 – 23 NLT).

3. End Complaining and Arguing by Choosing to Rejoice

¹⁴ Do everything without complaining and arguing, ¹⁵ so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. ¹⁶ Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. ¹⁷ But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. ¹⁸ Yes, you should rejoice, and I will share your joy (Philippians 2:14 – 18 NLT).

Mary responded, "Oh, how my soul praises the Lord. How my spirit rejoices in God my Savior! For he took notice of his lowly servant girl, and from now on all generations will call me blessed (Luke 1:46 – 48 NLT)".

Discussion Questions and Personal Reflections

1. How did you perform on your Attitude Check?
2. How does taking your eyes off yourself and focusing on others help to produce Joy?
3. What is our role and the Holy Spirit's role in producing Joy?
4. What can you choose to rejoice about today?

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