



In this study we move into the second half of the letter that the Apostle Paul wrote from Rome to the church he planted in the ancient Greek city of Philippi. Times were hard for the Christians in Philippi because they were undergoing persecution for their faith in Christ: were

experiencing relational stress within their church; and for most of them were struggling through the economic pain of poverty. Like all of us do, they were simply looking for some relief through a little happiness. So Paul speaks to their hearts by helping them understand what true happiness is and how to get hold of it on a permanent basis. Today it seems that happiness can be every bit as elusive. These words of Scripture will help us, just as they helped believers back then, to discover the true happiness of life that God intends for all His children to experience and then be able to share with others as part of our testimony to the world.

What Is Happiness?

According to the World:

According to God's Word:

Two Truths To Note About God's Description Of Happiness

1. We need . . .
2. It will . . .

Who Are The Happiness Thieves?

1. "Dogs"
2. "Evil Workers"
3. "False Circumcision"

How Is True Happiness Released?

1. (Look Up) Through . . .
2. (Live For) Through . . .
3. (Lean On) Through . . .

5-30-10 21st in a teaching series entitled *Philippians: Enjoy Life's Journey* by Pastor John K. Nagle. CD's are available at the Welcome Center immediately following the service for a donation of \$3.00 each. PJ's messages are also available online at faithkent.org/media for free. ☺

For Thought And Talk

In your small group, take 5 minutes to review the main points of the message and choose from the following questions for discussion.

1. Review the *world's* definition of happiness. PJ mentioned that this approach to happiness will leave one exhausted because we end up *working so hard to gain what we know instinctively we can't hold on to, that we don't enjoy it while we've got it.* How have you seen the truth of this in your own life & that of others?
2. Review the *Word's* definition of happiness. What is "supernatural" about the true happiness that Jesus gives? In what ways have you been blessed with the joy from Jesus this past week? How might that be a testimony or inspiration to others?
3. Of the three "happiness thieves" that we all have to deal with constantly, which one has been knocking on your door the most lately? Tell a bit about your battle. As each person shares, have the group pause and pray for that individual to have the victory.
4. Look at the three ways Paul gives us for releasing true happiness in one's own life. How do each one of these concepts actually set us free to be unburdened and free to rejoice in the Lord Jesus?