

#FIGHTFORIT

A STUDY IN PHILIPPIANS

Week 2 | #fightforit | April 10

Key Focus: #fightforit in, with, and through Christ.

Opening Up:

- What kinds of activities are stressful for you? What kinds of activities make you feel rejuvenated?
- On a scale of 1-10 how much stress do you average on a weekly basis? What would be an acceptable range of stress for you over a long period of time? Explain.
- What would be the perfect ending to a very stressful day?
- What would a stress free week look like for you? Would you enjoy it?

Reference: Philippians 1:12-26

Discuss:

1. What does the way you deal with stress reveal about you?
2. Think about this statement. "When your inner-self is dependent on the well-being of your outer-self, you will be ruled by fear and anxiety." How might this be true? What about you, does the life of your outer-self have significant influence and control over the life of your inner-self? Explain.
3. Paul is imprisoned (V. 1:13), being wrongly treated (V. 1:17), and living a really hard life (1:22-23); yet, Paul is NOT dominated by what is happening to him (1:14, 18, 20). What does Paul have that we all need? That is, how can our understanding of Jesus be so rock solid that we are no longer dominated by what is happening to us?
4. It seems like every verse in this section of text there is a reference to the proclamation of Christ, living for Christ, and living for others that they may glory in Christ (1:18, 21, 26). If you were to examine what you talk about, what you live for, and how you care for others, what might that reveal about what is at your core? For Paul, Christ is at the core of his inner-self. We all have a fluctuating core. Many things occupy this place of honor in our hearts. What are some things that have been or are currently operating as the core of your inner-self? How does something become the core of your inner-self?
5. Examine this statement: "When Christ is at your core, you can be joyful and confident no matter what is happening to you." How might this be true? Have you ever experienced this to be true?
6. After rebuking the false gods that live in the core of our inner-selves, we can prayerfully receive Christ into this place of honor in our lives. Prayer makes us dependent on Christ and prayer is working through the power of Christ. Read these verses about prayer: James 4:2-3, 1 John 5:14, and Matthew 18:19. What do these verses teach you about prayer?
7. Paul, with Christ at his core, could face whatever happened to him because of prayer and the Spirit of Christ (1:19). How does this help you to face the hard things of life? (Note, the prayer here is the prayer of church for Paul.)
8. Let's do a self assessment. How are you doing with these three things? What needs to change in your life? If Christ is at your core these three things would be happening:
 1. You pray for Christ to be known.
 2. You see everything that happens as an opportunity for Christ to be known.
 3. You boldly proclaim Christ.
9. Pray.