

Joy

THE BOOK OF
PHILIPPIANS

Joy: Letting Go

June 26th & 27th

Speaker: Dr. Dick Foth

Scripture: Philippians 2:1-11

Series Overview

Joy. It's not getting what you want. It's appreciating what you have. Joy isn't always the easiest choice or the obvious choice, but joy is a choice. The Apostle Paul said, "Rejoice in the Lord always. I will say it again, rejoice!" And his life is louder than his words. Paul writes his letter to the Philippians from a prison cell. You can choose joy anywhere, anytime, anyway!

Series Discussion Questions

How do you choose joy?

Message Overview

We will explore the tension of suffering and surrender that came from Jesus' "letting go of His place and glory" to become one of us described in Philippians 2:1-11.

Message-Specific Discussion Questions

What generates JOY?

Dr. Foth states, If being in a community of the Spirit means anything to you:

- Agree with each other
- Love each other
- Be deep-spirited friends

How can you go about living out these statements?

Read Philippians 2:7-8 and Hebrews 1-3. These passages discuss how Jesus became flesh and endured the cross for the joy set before Him. **Take some time to discuss this quote by Dr. Foth: “Sometimes NOTHING is really SOMETHING.”**

In Galatians 6:2, the bible tells us that the way to fulfill the laws of Christ is to carry each other's burdens. **What are some ways that you can put this scripture into practice this week? Is there any way your group can join together with you in carrying your burdens?**

II Corinthians 12:8-9 states: Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Dr. Foth discusses how scripture calls us to **SELF-CONTROL**, and **BEYOND YOUR CONTROL** is in the hands of God. **How does releasing and letting go propel you to joy? Think through some ways that you can replicate Jesus' actions by releasing to the Father.**

Practical Application

- Take some time this week to reflect on what you need to release into God's hands.
- Find a daily rhythm of connecting with God and with one another by committing to NCC daily, a five-minute audio podcast to help you walk verse-by-verse through the book of Phillipians. Each day we'll be guided through the practice of listening, reflecting, responding, and resting in the Word of God — allowing space for the Holy Spirit to cultivate joy in unique and personal ways. **Subscribe [here!](#)**
- Climb the stairs to the [Upper Zoom](#) each Tuesday, Wednesday, and Thursday at 7:14am. We'll come together as a community to start our days in His presence together, listening intently, and responding in prayer. **Register at ncc.re/UpperZoom.**