

Real.Life.Journey – Week 8: MORE OR LESS

1) Did you memorize Philippians 4:8? Have someone in your group recite it from memory. Was this difficult? What was different, in you, this past week because you committed this to memory (or at least tried to)?

The following is a summary of the sections and main ideas from this series in Philippians:

Philippians 1:1-11 – You move from where you are today to “YOU2.0” by God’s grace alone.

Memory Verse: *“being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus”* (Phil 1:6)

Philippians 1:12-26 – God is sovereign, even in my suffering.

Memory Verse: *“For to me, to live is Christ and to die is gain”* (Phil 1:21)

Philippians 1:27-2:11 – Our response to everything situation should be humility.

Memory Verse: *“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves”* (Phil 2:3)

Philippians 2:12-30 – Humility takes action; we are called to shine like stars in this world.

Memory Verse: *“Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe”* (Phil 2:14-15)

Philippians 3:1-11 – Trust in Christ alone; “Just Jesus, the rest is junk.”

Memory Verse: *“What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ”* (Phil 3:8)

Philippians 3:12-4:1 – The prize (the promise of heaven) keeps me pressing on.

Memory Verse: *“Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus”* (Phil 3:13-14)

Philippians 4:2-9 – Our attitude matters, so focus on the good in this world.

Memory Verse: *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things”* (Phil 4:8)

Philippians 4:10-23 – Less is more: contentment comes from our shared generosity in community.

Memory Verse: *“I can do everything through him who gives me strength”* (Phil 4:13)

2) What was most memorable for you during this series, either from worship or from your small group?

3) Which one of these messages has had the deepest impact on you? Which was the most convicting? Which has caused the most change in you? Which will be having a lasting impact into the future?

4) Read aloud together Philippians 4:13, and make a commitment to memorize this verse before the next time you meet:

I can do everything through him who gives me strength.

5) In what area of your life do you feel a sense of discontentment?

6) Using the principle of "less is more," i.e. giving away more of whatever we don't think we have enough of, what do you need to do about this particular area of discontent?

(Spend some time in prayer for one another)