



FINDING JOY IN THE JOURNEY

A thematic study through Philippians

**JOY IN EXERCISE
PHILIPPIANS 2:12-18**

For many Christians, I believe the most difficult biblical command to obey is "rejoice in the Lord always" (Philippians 4:4) because we tend to believe that joy is a matter of circumstance rather than perspective. But throughout the book of Philippians, Paul indicates that he was joy-filled and that we can be, too. In this series we study the book of Philippians to discover why Paul was so joyful despite difficult circumstances and how we can experience that same unconditional joy.

WHAT ARE THE IMPLICATIONS OF PAUL'S "WORK OUT" INSTRUCTION?

1. Working out means _____.
(Philippians 2:12-13; 1:1; James 2:22)

2. Working out means _____.
(Philippians 2:12; 1 Corinthians 9:24-27; 1 Timothy 4:7)

3. Working out means _____.
(Philippians 2:13; 1 Corinthians 10:13; Titus 2:12; Hebrews 4:15; 1 John 2:2; John 14:26; Galatians 5:16, 18)

4. Working out means _____.
(Philippians 2:14; 1 Corinthians 10:1-10; Exodus 16:2-3, 6-7; Numbers 11:3-4, 10)

5. Working out means _____.
(Philippians 2:15; Matthew 5:14-16; 1 Peter 4:1-4; Mark 16:15)



MY WORSHIP NOTES

Listen and write down notes from today's singing and sermon!

Name: _____ Date: _____

Circle One: **Sunday** **Wednesday** Circle One: **Morning** **Evening**

LIST THE SONGS THAT WE SANG:



_____	_____
_____	_____
_____	_____
_____	_____

WHAT SCRIPTURE WAS READ? _____

WHAT WAS THE SERMON TITLE? _____



MAKE A MARK FOR EACH TIME YOU HEAR THESE WORDS IN THE SERMON:

GOD	JESUS	JOY	EXERCISE
WORK OUT	TRAINING	COMPLAINING	LIGHT

WRITE DOWN THE BIBLE VERSES THAT WERE USED IN THE SERMON:

DRAW A PICTURE BASED ON TODAY'S LESSON