

PERSONAL REFLECTION GUIDE

11/17/24

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned through the sermon this weekend. Use this guide as a quiet time during the week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you?
- What did the Holy Spirit convict you of or encourage you with?
- What do you think are some common definitions of "joy" and the things that bring joy?
- **Read Philippians 3:1-3.** What do you think it means to "rejoice in the Lord"? And how is that different than what the "dogs" (v. 2) rejoice in?
- Are there other passages from the Bible that speak to "joy (rejoice) in the Lord"? (You can use a concordance to look up "rejoice" to find other Scripture). What do these add to the meaning of "joy/rejoice"?
- Why is it important to resist legalism and false gospels? How can you and the church be protected from those?
- **Read Philippians 3:3-11.** According to verse 3, what are the three marks of genuine Christians? What do each of these three marks mean?
- Verses 4-6 describe seven sources of false confidence (religious ritual, ethnicity, rank, tradition, rule-keeping, zeal, and obedience to the law). Which one is most tempting for you to find confidence in? Why?
- Why do you need Christ's righteousness?
- How does suffering for Christ help us to know Christ more?
- How does the hope of the resurrection encourage you as you live for Christ?
- **Read Philippians 3:12-21.** Based on Paul's teaching here, what is needed to grow in spiritual maturity? How are you doing in those things?
- Paul had "one focus" (v 13). What would people say your "one focus" is?
- Write one step of obedience the Holy Spirit is leading you towards this week. Who will you tell about this step, in order to help you?

LOOKING AHEAD TO NEXT WEEK

Read **Philippians 4:1-9**. How do these verses challenge or comfort you?



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FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week? What challenged or encouraged you?
- What are some things that give people confidence? Is it easier to have confidence in yourself or in someone else? Why?
- **Read Philippians 3:1-6.** In the Old Testament, circumcision was a sign that you belonged to God's people and after Jesus died and rose again, some Jews said you still have to be circumcised to be one of God's people. So what were those people putting their confidence in?
- Why do you think Paul was so mad at them that he called them "dogs"?
- In vs. 3, what are the 3 marks of a true Christian? Do any of these confuse you?
- What do you think it means to put "no confidence in the flesh"?
- What makes it hard to trust Jesus and not your own work or goodness? What makes it a good thing that you CAN trust Jesus and not your own goodness?
- **Read Philippians 3:7-11.** Why do you think Paul sees his "gains" as "losses" now?
- What does "knowing Christ Jesus as Lord" (v 8) mean? How do we know Him?
- What things are you hesitant to "count as rubbish" for the sake of Christ? Why?
- What is one thing you want to put in practice from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.



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