

A person with long brown hair, wearing a mustard yellow beanie, an orange jacket, and a grey quilted backpack, is walking away on a dirt path through a forest. The path is lined with tall, thin trees and fallen leaves. The background is slightly blurred, emphasizing the person in the foreground.

REBEL'S GUIDE *to Joy* REBEL'S GUIDE

A STUDY IN THE BOOK OF PHILIPPIANS

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www.tpcc.org

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INTRODUCTION



INTRODUCTION

Joy...

You probably have an immediate reaction to that word. And your reaction is likely shaped by the season you're in, circumstances you're facing, or maybe even the weather outside.

There are many definitions we could associate with joy. One of them is happiness. But to define joy as happiness misses a whole layer that's critical for our ability to understand what it truly means.

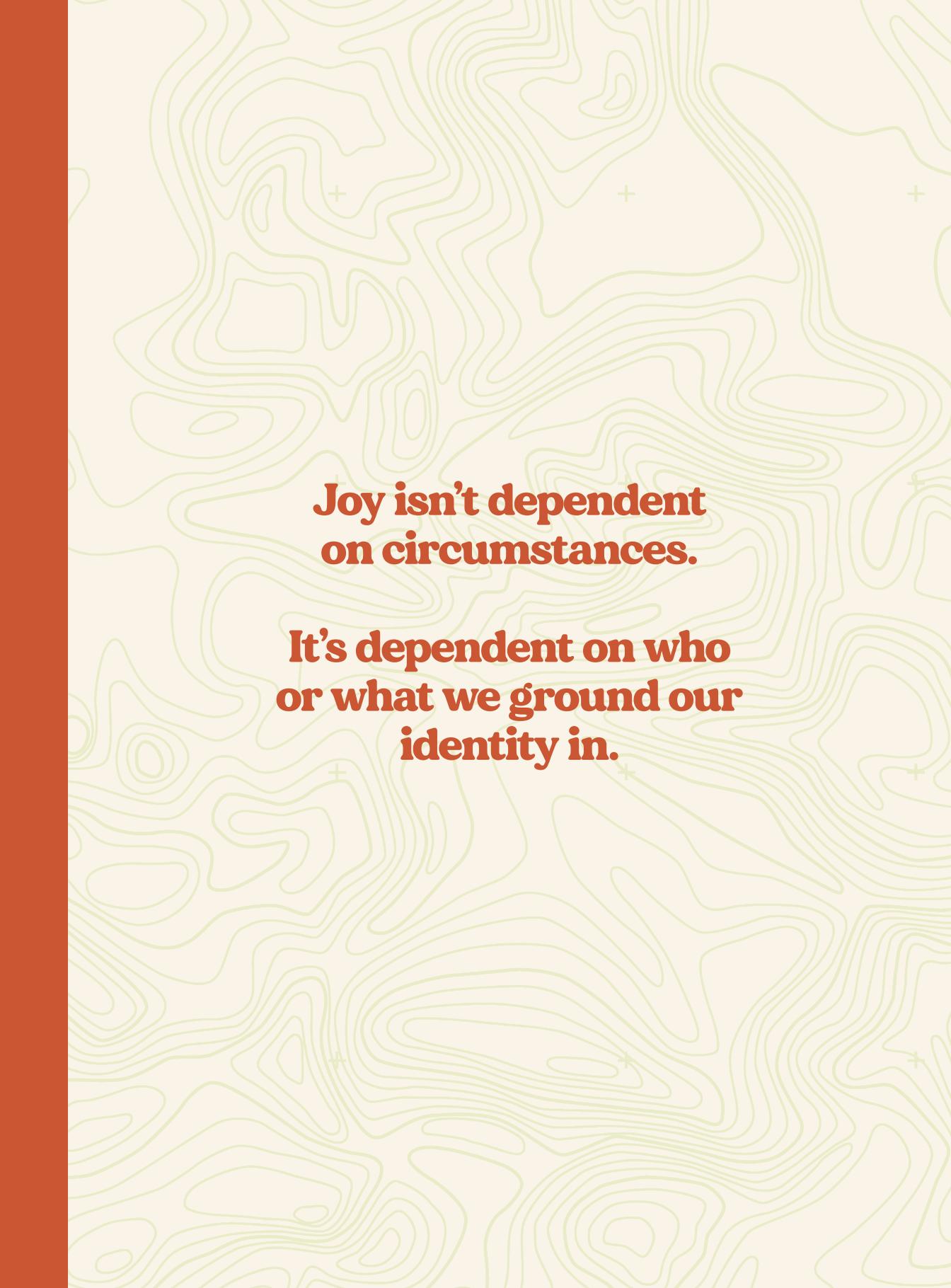
In the book of Philippians, the apostle Paul emphasizes the concept of joy throughout, so much so that scholars often refer to Philippians as “the joy letter.” Why is this significant?

Because Paul wrote the letter while he was in prison.

If anyone had an excuse to not be joyful, it was Paul. Yet he understood an important truth:

Joy isn't dependent on circumstances. It's dependent on who or what we ground our identity in.

When loneliness sets in, who or what do you turn to for companionship? When finances are tight, who or what gives you relief? When worry crowds into your mind, who or what do you give it to?



**Joy isn't dependent
on circumstances.**

**It's dependent on who
or what we ground our
identity in.**

INTRODUCTION

When our foundation is built on Jesus, we can respond with joy, no matter what we see around us or experience inside of us. To live counterculturally is to be a joyful person.

Throughout this series on the book of Philippians, our hope is that you'll not only grow in your knowledge of Scripture but that you'll grow in your knowledge of God's love for you. It's a love that passes all understanding, which paves the way for joy and peace that passes all understanding.

This guidebook is structured in a way to complement Daily Bible Reading and group discussion.

(If you haven't subscribed to Daily Bible Reading yet, you can do so at tpcc.org/dbr.)

Each day you'll read Daily Bible Reading online or in your inbox, where you'll be prompted to come back to this guidebook to process more deeply what you've learned. Then you'll discuss it in your group sometime during the week. We've provided guidance for groups on the next page.

Our prayer is that this isn't a check-the-box exercise, but that you approach your time prayerfully, letting God speak to you as you reflect and apply what He's showing you through His Word.

Scattered throughout the book you'll see facts about the book of Philippians to help you better understand the historical context and deepen your knowledge of Scripture. At the end of the book, you'll find space for notes. These pages can be used for weekly sermon notes or extra journaling space.

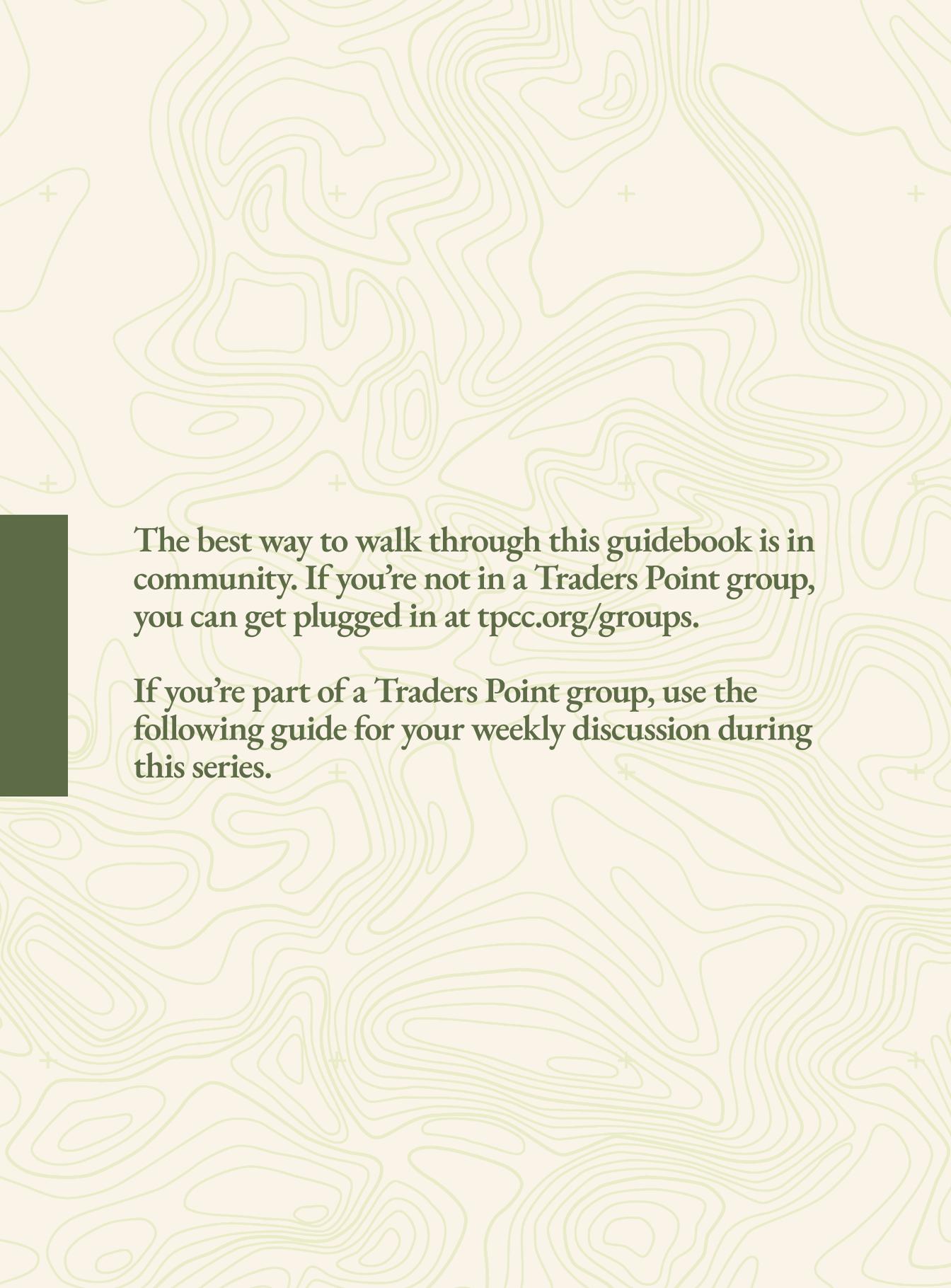
Over these next several weeks, we hope you experience tangible heart change and take steps to walk in the joy that Jesus died for you to have. We're praying for you as you embark on the journey.

- Aaron Brockett and the Traders Point Team



The background of the page is a dark green color with a white topographic map pattern consisting of irregular, wavy contour lines.

GROUP DISCUSSION *Guide*



The best way to walk through this guidebook is in community. If you're not in a Traders Point group, you can get plugged in at tpcc.org/groups.

If you're part of a Traders Point group, use the following guide for your weekly discussion during this series.

GROUP DISCUSSION GUIDE

Check In: How did last week go?

10 minutes

- ▶ Share a high or low from your week.
- ▶ How did studying Philippians go this week?

Discuss: What did you learn?

40 minutes

- ▶ Talk about what stood out to you in Sunday's sermon.
- ▶ Share how God spoke to you through the daily reading and reflection this week.
- ▶ Consider discussing one day at a time, starting with Day 1, then Day 2, and so on. Read the Scriptures together, and give everyone a chance to share what stood out to them each day.

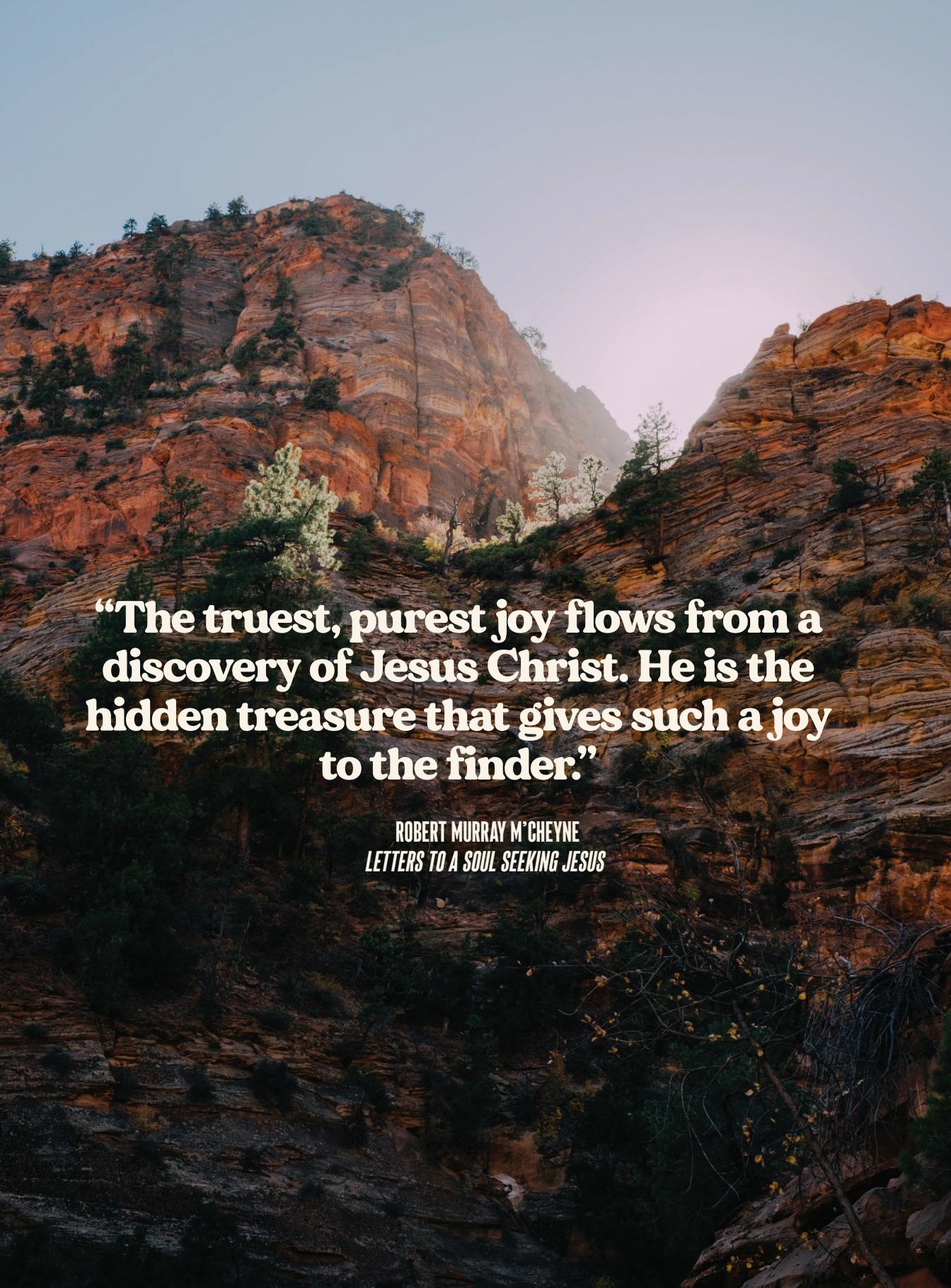
Respond: What will you do next?

10 minutes

- ▶ Share what you sense God asking you to do in response to what you've just discussed. Tell your group what you'll do and when you'll do it.

Pray: How can you pray for each other?

- ▶ Close your group time praying for each other. Ask God to help you apply the principles you learned this week, and pray for any other needs that came up in your discussion.



“The truest, purest joy flows from a discovery of Jesus Christ. He is the hidden treasure that gives such a joy to the finder.”

ROBERT MURRAY M'CHEYNE
LETTERS TO A SOUL SEEKING JESUS



REBEL'S GUIDE TO JOY
WEEK 01

DAY 01

Reflect

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What did you learn about God?

What did you learn about yourself?

How does this impact your ability to live with joy?

Pray

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Gratitude:

Thank God for specific things He revealed about Himself to you in today's reading and for things He has done or provided.

Confession:

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Commitment:

Commit to following Jesus in the specific ways He's prompted you. Ask Him to help you live out what you've learned today.

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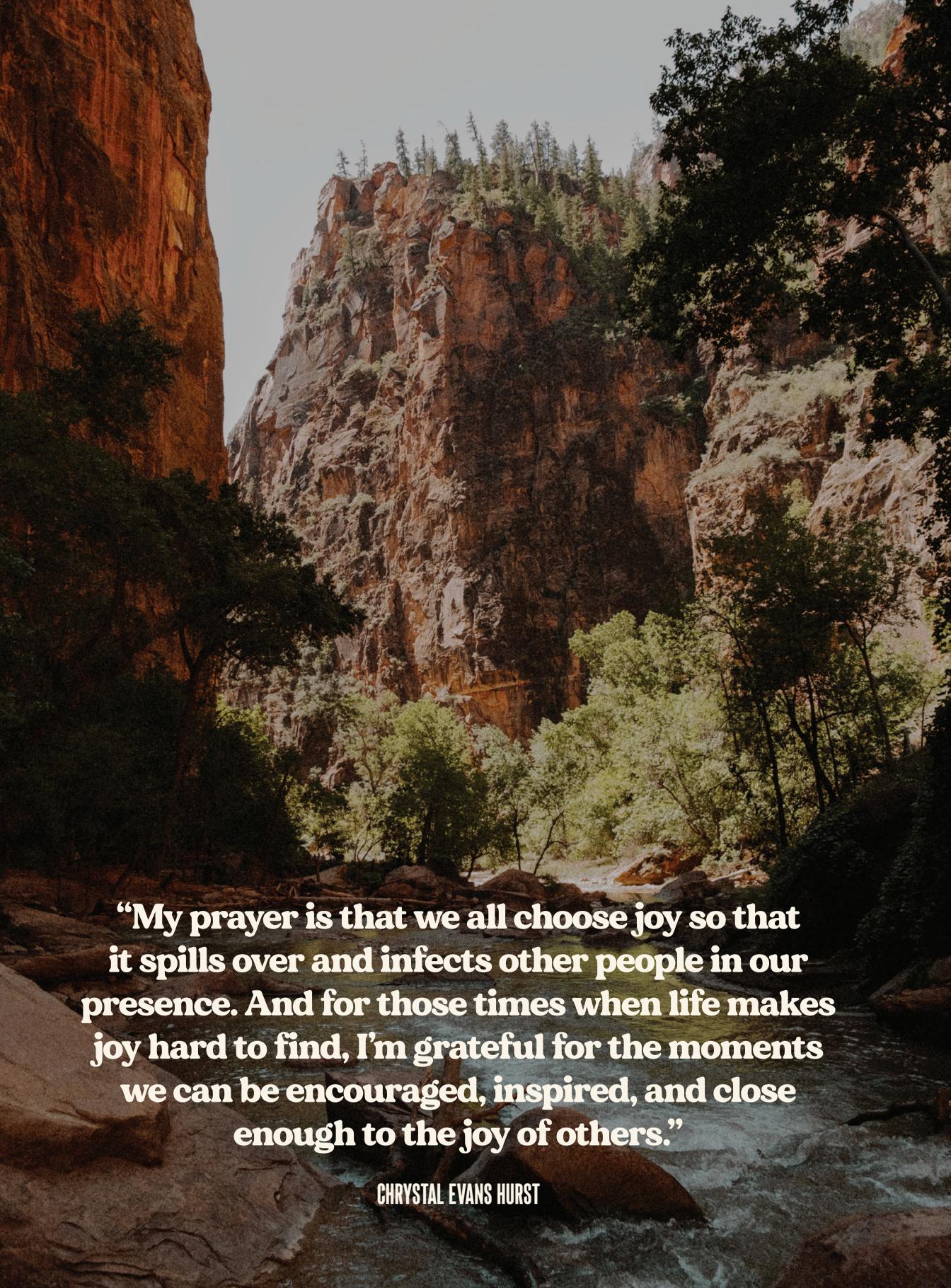
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A scenic view of a river flowing through a deep canyon. The river is in the foreground, surrounded by large, smooth rocks. The canyon walls are made of tall, reddish-brown rock cliffs. The top of the cliffs is covered with green trees and vegetation. The sky is a clear, light blue. The overall scene is a beautiful natural landscape.

“My prayer is that we all choose joy so that it spills over and infects other people in our presence. And for those times when life makes joy hard to find, I’m grateful for the moments we can be encouraged, inspired, and close enough to the joy of others.”

CHRystal EVANS HURST



REBEL'S GUIDE TO JOY
WEEK 2

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**“Joy is not the absence of
darkness. Joy is confidence that
the darkness will lift.”**

REBEKAH LYONS
YOU ARE FREE



REBEL'S GUIDE TO JOY
WEEK 3

DAY 01

Reflect

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“Joy is a deep feeling of knowing that everything is going to be all right—no matter how bad things seem to be... Only God can put suffering together with joy and make it make sense.”

JOHN M. PERKINS

COUNT IT ALL JOY: THE RIDICULOUS PARADOX OF SUFFERING





REBEL'S GUIDE TO JOY
WEEK 4

DAY 01

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“There is joy in self-forgetfulness... So I try to make the light in others’ eyes my sun, the music in others’ ears my symphony, the smile on others’ lips my happiness.”

HELEN KELLER
THE OPEN DOOR





REBEL'S GUIDE TO JOY
WEEK 5

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**“Our rejoicing depends not on changing
circumstance, but on the One who does
not change.”**

MOISES SILVA

PHILIPPIANS: BAKER EXEGETICAL COMMENTARY ON THE NEW TESTAMENT



REBEL'S GUIDE TO JOY
WEEK 6

DAY 01

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An aerial photograph of a deep canyon with a winding road and a river. The canyon walls are made of layered, reddish-brown rock. A river flows through the bottom of the canyon, and a road curves along its edge. The foreground shows a blurred rock ledge.

**“Happiness is a feeling.
Joy is an attitude.”**

KYLE RILEY
WHAT THE WORLD NEEDS NOW, TRADERS POINT MESSAGE SERIES



REBEL'S GUIDE TO JOY
WEEK 07

DAY 01

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Commitment:

Commit to following Jesus in the specific ways He's prompted you. Ask Him to help you live out what you've learned today.

DAY 04

Reflect

What words or phrases stood out to you in today's reading?

What did you learn about God?

What did you learn about yourself?

How does this impact your ability to live with joy?

Pray

Spend some time in quiet reflection, praying through the prompts below. Feel free to use the space provided to write out your prayer.

Gratitude:

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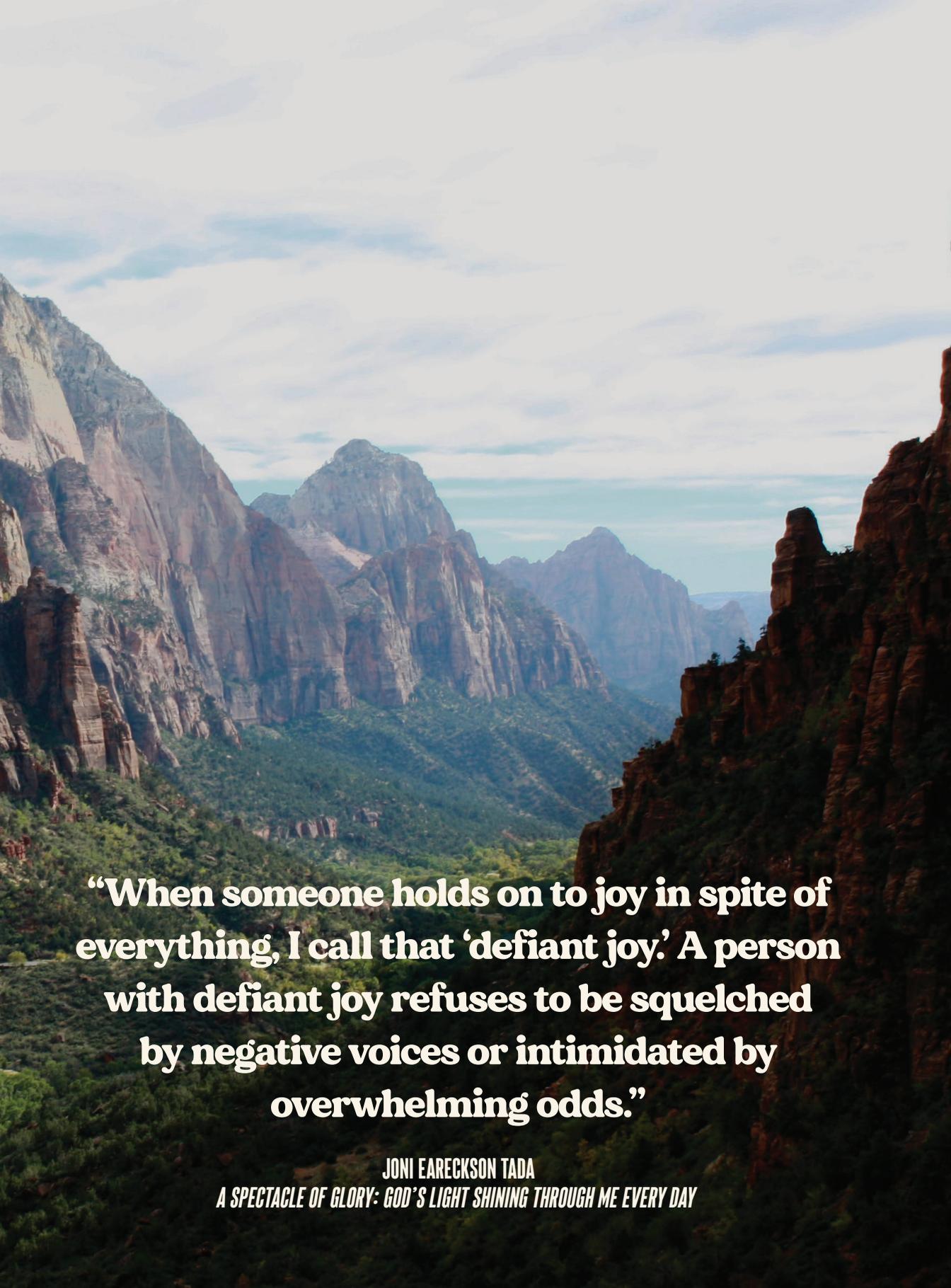
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“When someone holds on to joy in spite of everything, I call that ‘defiant joy.’ A person with defiant joy refuses to be squelched by negative voices or intimidated by overwhelming odds.”

JONI EARECKSON TADA
A SPECTACLE OF GLORY: GOD’S LIGHT SHINING THROUGH ME EVERY DAY



REBEL'S GUIDE TO JOY
WEEK

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A photograph of a dirt path winding through a dense forest. The path is made of light-colored soil and leads from the bottom center towards the middle ground. The forest is filled with tall, slender trees and a thick carpet of green ferns. Sunlight filters through the canopy, creating a dappled light effect on the forest floor.

**“Joy is the simplest form
of gratitude.”**

KARL BARTH



REBEL'S GUIDE TO JOY
WEEK

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A photograph of a dense forest with tall, slender trees. A path leads through the trees, and a wooden fence is visible in the foreground. The lighting is soft and natural, highlighting the green foliage and the brown trunks of the trees.

**“Joy has nothing to do with material things,
or with a man’s outward circumstance...
A man living in the lap of luxury can be
wretched, and a man in the depths of
poverty can overflow with joy.”**

WILLIAM BARCLAY



REBEL'S GUIDE TO JOY
10 WEEKS

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