

A person with long brown hair, wearing a mustard-colored beanie, an orange jacket, and a grey quilted backpack, is walking away from the camera on a dirt path through a forest. The path is lined with trees and fallen leaves. The background is a dense forest of tall, thin trees.

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

A STUDY IN THE BOOK OF PHILIPPIANS

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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.

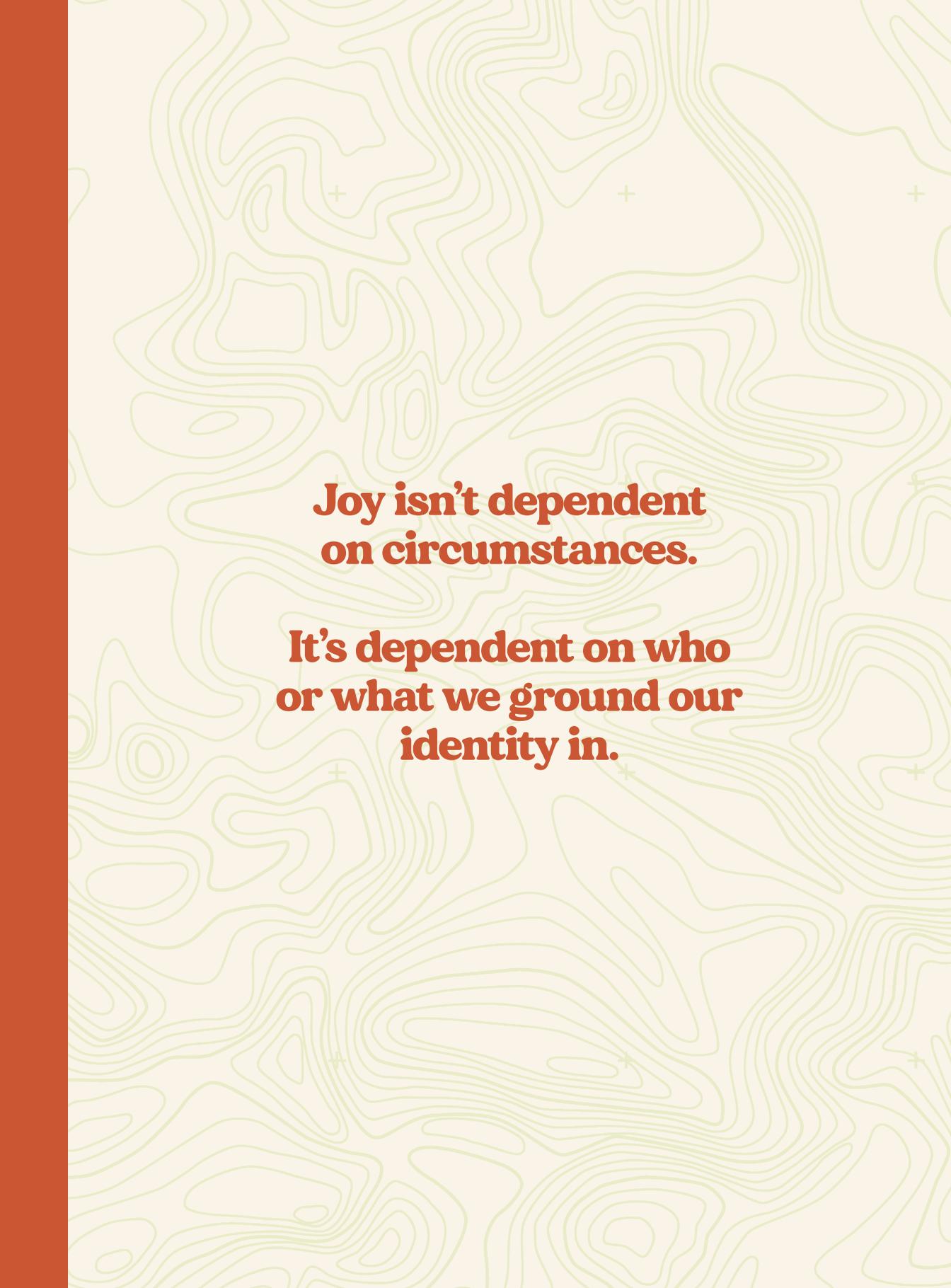
In the book of Philippians, the apostle Paul emphasizes the concept of joy throughout, so much so that scholars often refer to Philippians as “the joy letter.” Why is this significant?

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](http://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.

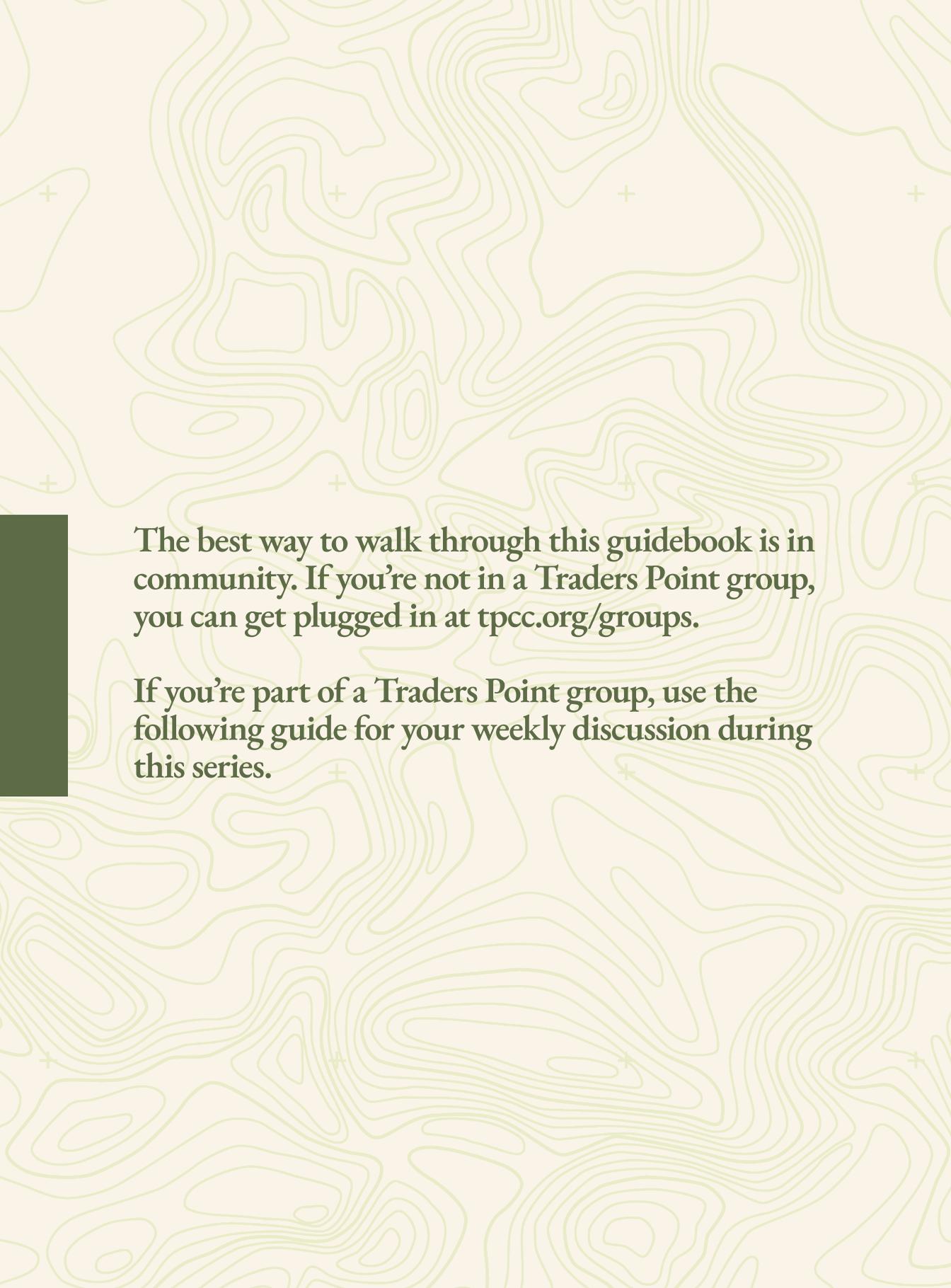
Over these next several weeks, we hope you experience tangible heart change and take steps to walk in the joy that Jesus died for you to have. We're praying for you as you embark on the journey.

- 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 concentric, irregular lines that resemble contour lines on a map.

# 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](https://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

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## Check In: How did last week go?

10 minutes

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

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## 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.

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## Respond: What will you do next?

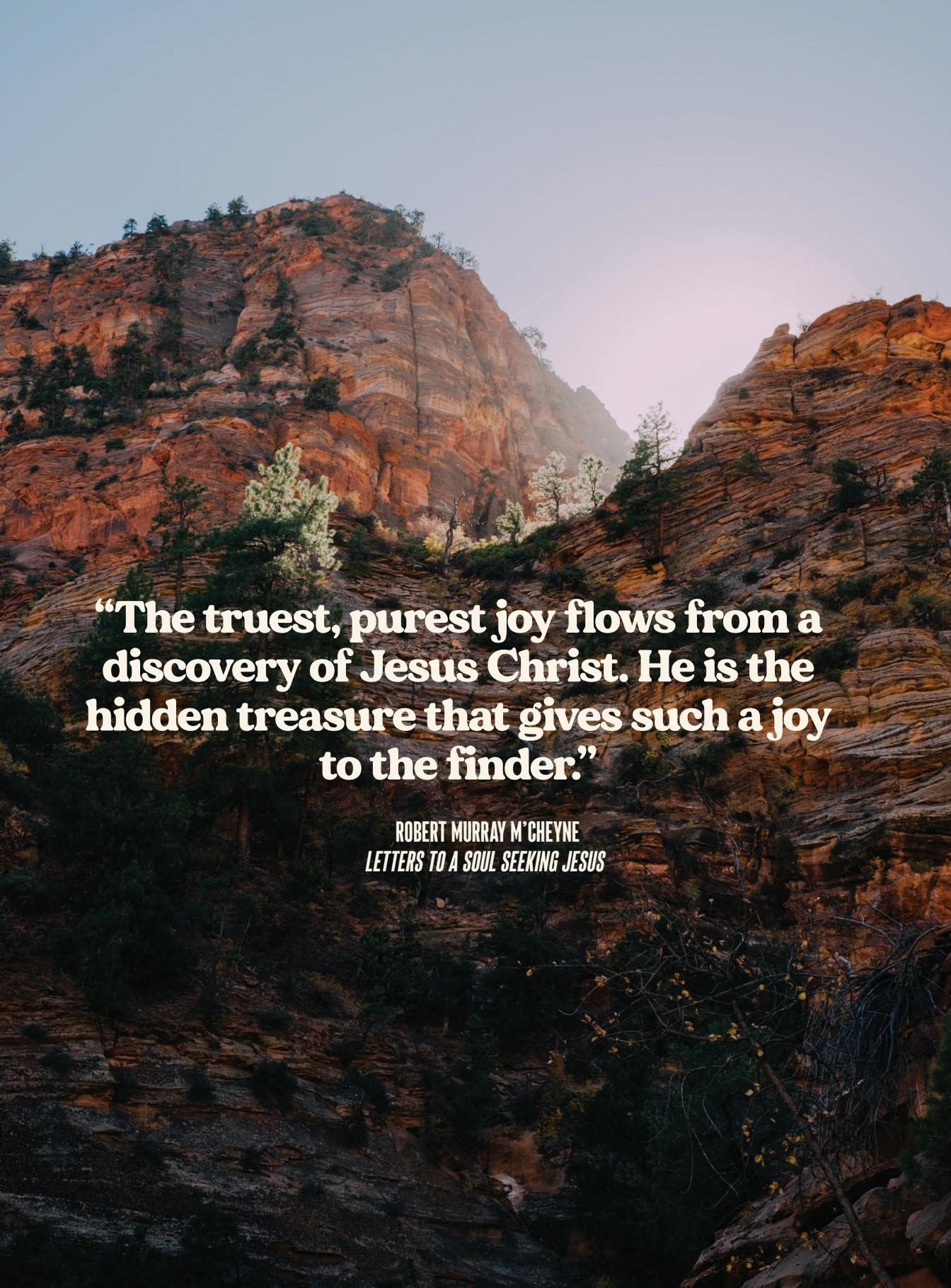
10 minutes

- ▶ 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.

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## 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

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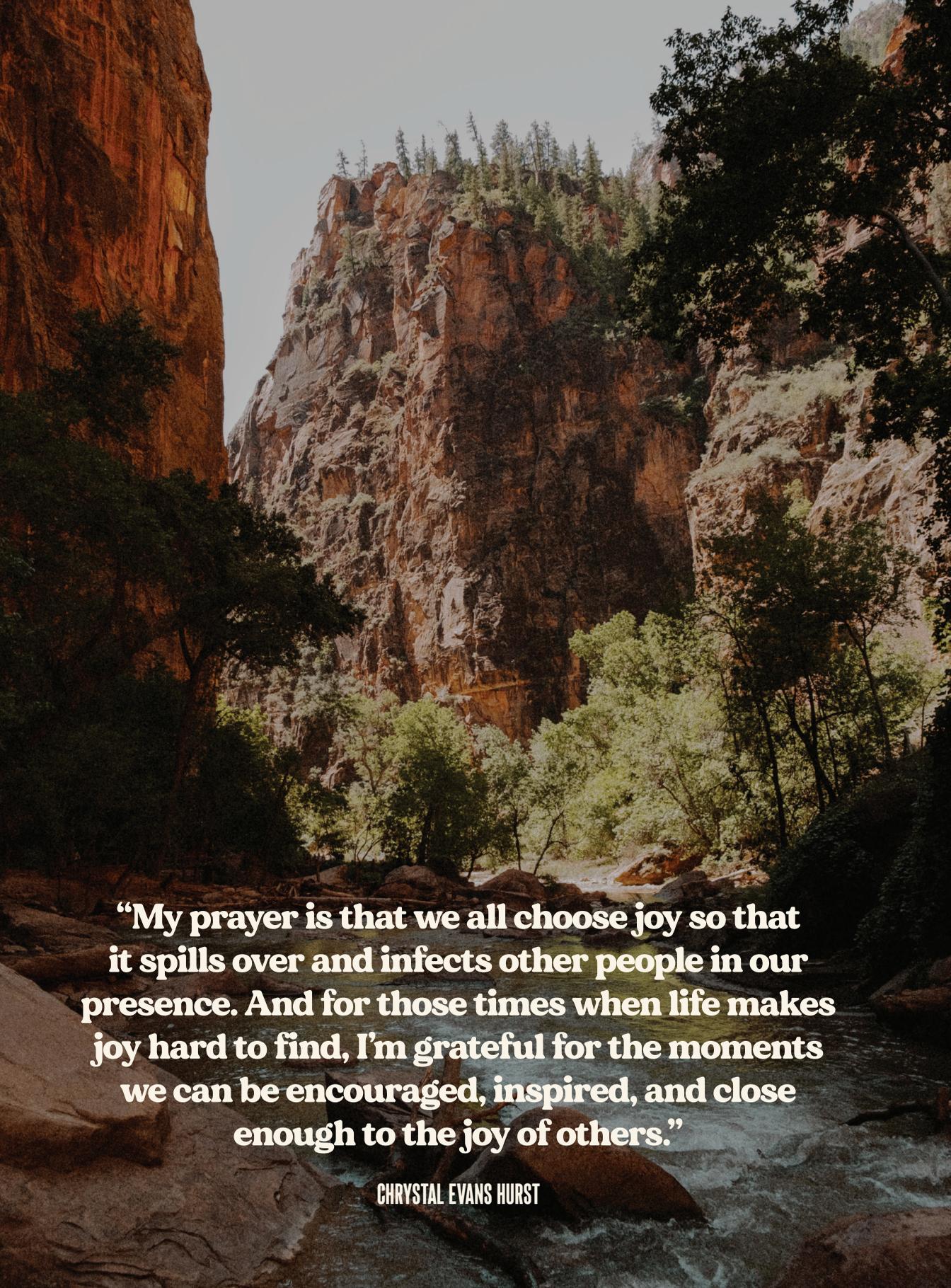
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A scenic view of a river flowing through a deep canyon. The river is in the foreground, surrounded by large, smooth rocks. The canyon walls are made of tall, reddish-brown rock cliffs. The top of the cliffs is covered with green trees and vegetation.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

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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

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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

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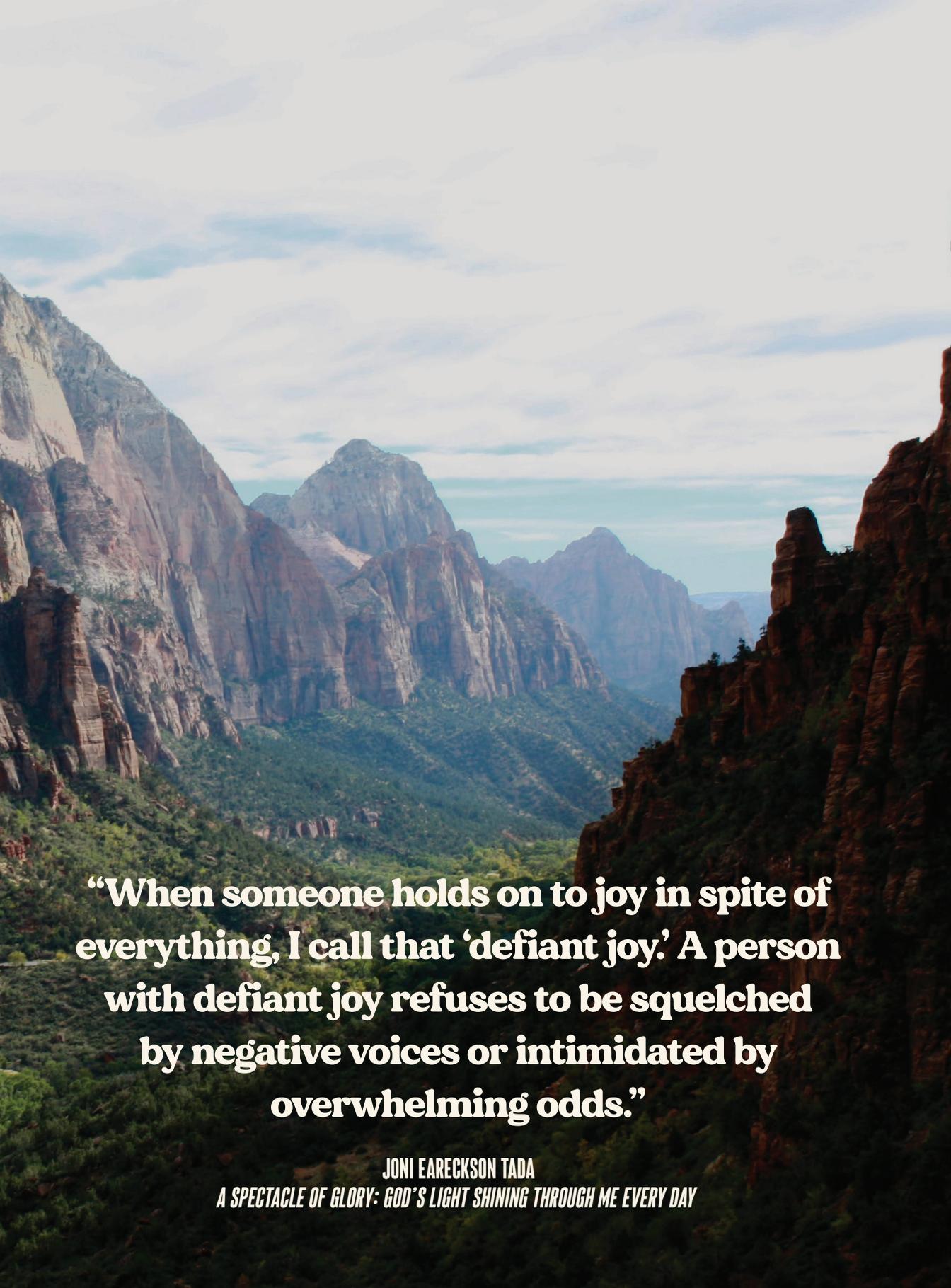
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**“When someone holds on to joy in spite of everything, I call that ‘defiant joy.’ A person with defiant joy refuses to be squelched by negative voices or intimidated by overwhelming odds.”**

**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 the central focus, leading the eye from the bottom left towards the upper right. The forest is composed of tall, straight redwood trees with thick, textured bark. The ground is covered in a thick carpet of vibrant green ferns and other forest floor vegetation. Sunlight filters through the canopy, creating a dappled light effect on the path and the surrounding foliage. The overall atmosphere is serene and natural.

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

**KARL BARTH**



REBEL'S GUIDE TO JOY  
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A photograph of a dense forest with tall, slender trees. The trees are mostly evergreens with green needles. The ground is covered in ferns and other forest floor vegetation. A path or walkway is visible in the lower part of the image, bordered by a wooden fence. The lighting is soft and natural, suggesting a forest interior.

**“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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