

MAIN POINT:

**True Happiness is Found in Losing the Wrong Things
So You Can Gain the Right Thing**

ICEBREAKER: What makes you happy? Why?

INSTIGATION:

1. Who is the happiest person you know? Why do you think they are so happy?
2. Is there a difference between happiness and joy? If so, what is the difference?

EXPLORATION:

1. **Read Philippians 3:1 and 4:4. What is surprising about these verses??** (*Context Clues- Paul admonished the Philippian believers to rejoice always. Keep in mind that Paul is in a Roman prison while he says this. He tells them it is no trouble for him to say that. He also says that it will be a security for them if they will have joy. It is amazing that the prisoner is having to remind free people to have joy!!!*)
2. **Read Philippians 3:2-7. What are some of the things that Paul says he could brag about? What did all of his status and achievement mean to him?**
3. **Read Philippians 3: 8-9. Paul exchanged all of his earthly achievements for the joy of knowing Christ. How does that relate to the main point of this lesson? Would you be able to sacrifice all of your achievements, status, and popularity for the sake of knowing Christ? What would you sacrifice?**
4. **Read Philippians 3: 8-11. List all of the things that Paul gained by “counting all things loss”. Do you have a realization that you can gain the same things?**

APPLICATION:

1. **Evaluate yourself: Are you stressing over stuff that will pass, or are you clinging to that which will truly last? How could a better perspective change your MOOD?**
2. **Read Philippians 3: 12-16. According to this passage is it better to focus on the future or the past? What things do you need to leave in the past? What do you need to focus on in the future?**
3. **Have a time of prayer and application. Pray that the Lord will adjust our MOODS!!**