

Philippians 3:1
Rejoice and Beware
Rootwork

1. **(Everyday)** Before you begin your study time - spend time in prayer! Go through your “yesterday” and ask the Lord to reveal your heart! Prepare your heart and surrender your will to the Spirit of God! Allow Him to have full access by not withholding anything He wants to do in and then do through you!! Make a conscious effort to bow your will and your obedience to the Lord before you even dive in! This prepares your heart to hear and to heed everything He speaks to you!

2. **(Everyday)** Then spend time in adoration and worship after you have cleansed your heart and before you dive into the scriptures!! Proclaiming who God is and adoring Him lifts our eyes up and keeps our focus on what really matters...putting God in His rightful place and putting us in ours! Remember, the enemy is going to try to keep you from being in the Word, he hates when we worship our God- Worship breaks his bondages over believers, so submit to God, resist him and he will flee!!

3. If you were at the “Digging Deeper Workshop” and you would like to structure these scriptures, Copy and paste Philippians 3 into a word/ pages document or write it out verse by verse, following the structuring handouts you received!(if you have not done so already) If you were not there and want to watch it, search “Digging Deeper” on our website or app and watch it for tools to help you in your study time!

4. **(Everyday)** After you finish your Rootwork every day, be sure to spend time in prayer (ACTS) going through what you have learned and received from the Word of God! This is also in your “Digging Deeper” handout!
5. Before we begin, take some time to read chapters 1 and 2 together! Then go over the themes that have impacted you the most and record why! What is Paul’s perspective going into chapter 3?
6. As you think of what we covered in Bible study about joy, what did take away from that? How has that changed or impacted your life personally? Do you have that joy regardless of what is going on around you?
7. In the beginning of class, I asked you if your answer to, “What does your joy barometer look like?” Was the same in the beginning of our study or if it was different? I want you to go back in your journal and compare what you wrote then to where you are now. Are the answers different? Is your perspective different or the same? Record your thoughts.
8. Based on the answer to the previous question, what is your joy anchored in? Truly anchored in? Is it anchored in your emotions, situations, certain people? Or is it anchored in our Hope, Christ Jesus our Lord?
9. We are just going to look at verse one and go over every detail we can. So read verse 1 of chapter 3 again and look up every word. Record their meaning from your blue letter Bible app (if you need help with this please let me know) what further insight to get when looking up these words instead of just reading quickly through the verse?

10. Read the following verses and record what they say about joy and rejoicing: (if you have time, find as many as you can and record what you find)

- Romans 12:10-12
- Psalm 1:11
- Gal 5:22-23
- Romans 14:17
- 1 Thess. 5:16-17
- John 15:11
- James 1:2-4

11. What do these verses say about who God is? Take each one and put them into your Who is God journal and fill it out for each! You are growing in your knowledge of who He is and taking that knowledge and applying it your life!

12. Oswald Chambers said, "Joy is not the absence of pain, but the presence of God within it. "Suffering is a matter of interpretation. For the saint it is an overwhelming delight in God; not delight in suffering, but if God's will should lead through suffering, there is delight in His will." Record your thoughts on this and if this challenges you personally and why!

13. We discussed how we need to be so careful we are not set on finding fault with God's dealings and we must be steadfast on dealing with any tendency we have to groan and complain with what God is doing in and through us! How is this a safeguard for you? How does this help you in your perspective in every season?

14. Notice the prepositional phrase Paul added in verse 1, right after the command to rejoice! What are we told to rejoice in?
15. This is huge if we stop and think about it. When we see people with joy, we automatically assume they are just happy about their situation or happy with their life, when in reality they could be walking through some deep pain but they are rejoicing in the Lord, so therefore their joy never fluctuates with their happiness! Do you see why it is so important to be intentional in how we think? Record your thoughts!
16. If you are going to walk in this - we have to be unshakably determined to set our minds on truth! The very fact that God is working even in your pain, even in your grief, even in your desperation- HE is making beauty from ashes! It is a choice to be INTENTIONAL! You and I must discipline your heart to be established on that truth!! Write out a prayer of response to the Lord! Tell Him your thoughts on this, your fears, your tendencies and praise Him that He is faithful and consistent, that He is always working and growing you! Then ask Him by His Spirit to help you be intentional in disciplining your heart for godliness and for His purposes!
17. Write your thoughts on this quote from Elizabeth Elliot. What a powerful sentence filled with so much truth! ‘God will not protect you from anything that will make you more like Jesus’ Elizabeth Elliot
18. Now Go back to verse 1 of chapter 3. Look at the second part of this verse. If you did not look up “trouble” look it up now. What is Paul saying here? Why do you think he says it?

19. In Bible study I said, " we need to guard against tuning out and callusing our ears due to knowledge we think we know and yet not mastered! For no one can master it until we set our eyes on eternity! It is alive and active, sharper than any double edged sword and if you think you have outgrown it my friend you have deceived yourself! For you have barely embarked upon it! Frankly we can not hear it enough!" Is this something you struggle with? Do you tune out easily because you think you know the scriptures being read? Do you assume you know it so you assume you live it? Just because you intellectually know some of the Bible does not mean you live what you know! I know this is challenging but I also know if we are not face to face with it and deal with it, there is a danger for the flesh "to think more highly of self than it ought" and for reality to wake us up sometimes!! God's word, the same word, maybe the same verse can be spoken over years and still shatter, and transform the same heart! That heart just has to be soft and teachable enough to receive it! Take time and examine your heart here! Is it soft? Is it eager to receive the truth? To live it and be washed by it? Be honest with yourself and the Lord! This might be a time of true confession, repentance and a renewed mind on God's word! Do not rush this point, take your time!
20. Read this quote from Spurgeon in light of this: "I am content to live and to die as the mere repeater of Scriptural teaching" record your thoughts!
21. Look up 2 Peter 1:12-15 and write out what he is saying in your own words. What is his primary concern as a teacher of God's Word?
22. Look up the word "safeguard" if you have not already! What does it mean?
23. What do you think of when you hear the word, "safeguard"?

24. What is our responsibility as hearers of God's Word? How are you doing?
25. Read Psalm 1. Record what it says about those who delight, or find Joy in the Word of God!
26. Read proverbs 12:3 especially in the NLT version. What do you see?
27. What is the significance of trees and deep roots in the Bible? Take some time and search out as many scriptures you can find on trees and their root systems. What does the Bible say about it and why? Jeremiah 17:7-8 is our women's ministry verse and one of my favorites obviously! See what you can find and what you glean from these verses!
28. Paul is about to warn the church of Philippi of false doctrine so he repeats sound doctrine so they will be safeguarded!! What a blessing we have here at River Rocks Church to have sound doctrine taught, dug through and examined so that you will be safeguarded!! How important is this? What is the warning or what do we need to be careful of in being fed sound doctrine so much?
29. Look up and write your thoughts on the following verses:
- Titus 2:1
 - 1 Tim 4:6-13
 - 2 Tim 1:13

30. Sound doctrine does not change - it is not shiny and meant to entertain our ever shifting attention! It is stable, constant and secure! It is SAFE! Repeated truth is safe and like I said in Bible study, teachings that hurt really good are safe! Good conviction transforms our hearts! What have you seen around us in the world and in the church (as a whole) that have tried to entice the church and distract them away from sound doctrine? Have you experienced this personally? If so, how?
31. I mentioned a quote that I have heard for a very long time, “If it is new it probably isn’t true- if it is true it probably isn’t new” Now the depths of that truth, learning that truth, applying and living that truth are unlimited and eternal but it is not a NEW truth!! Write out your thoughts on this and share with us at Rootwork night!!
32. Now, we are going to spend the rest of our Rootwork time really dealing with the way we have trained our minds and nervous system to respond and react! We had some amazing discussion about this at Bible study and after. I know we are going to have some awesome time talking about it at Rootwork night but before we do, we need to identify it in us personally! Let’s look at what I put on the slide and then I want you to take it apart and really ask yourself if you struggle with the these things! Could there possibly be some “detoxing” that needs to happen in your life so you can manage some idols?
- We live in a world where we are constantly training our minds to move on to the next entertaining thing, the next interest, hobby, the next shiny new affection or attraction! We wait for little and bore easily! We want instant answers, instant results, and when we think we have or even have not gotten those results in a timely fashion, we move on to the next thing! Our minds are stimulated in such a way that patience is a nuisance! Instant information is at our fingertips to entertain our minds and deflect introspection! This leaves little room for being washed by the Word, little room for growth, little

room for the beautiful repetition of God's Word to transform! We must identify this in us, die to this and diligently fight against it!

- Ok after you have identified the uncomfortable truth that this might be a problem, (or maybe this is not a problem for you and praise God!! You can still do this!) I don't want you to throw away the tv, or phone, or whatever it might be that you are on all the time. We are not going to swing a pendulum, we are going to learn how to operate in balance!! Knowing that the information and stimulus that is coming at us a warp speed is designed to captive us and form an addiction for monetary gain, we have to set up parameters and safeguards against our minds and honestly our nervous systems so we can honestly sit before the Lord and meditate on His Word! Do you see how this all ties in? We want the next fix of dopamine, we like being entertained. Patience and repetition of the Word we think we know, does not give us dopamine! Long suffering, waiting on the Lord does not entertain us! So we need a reset! We need to gain self control and limit our overstimulation and train our minds to rest, to be in the presence of God! So, what I want you to do is set aside, turn off, or get away from your phone, your tv, whatever it is and sit before the Lord in prayer! Take your journal, and write out what you would say to the Lord if He were sitting right in front of you (Because He is)! Tell him the struggle and the thoughts that are racing! Then I want you to sit in complete silence (you may have to do this when your husband gets home so he can take the kids) for at least 10 minutes! Just sit! No distractions, no messages, no notifications, just sit in the presence of the Lord!
- Now after you are done, how was it? Record your thoughts! If this was difficult for you, try doing this every day or every other day, detach yourself from every distraction and every pull so that you can come away to be with the Lord! Then limit your time of death scrolling or news soaking, or political updates etc. Give yourself a time limit and stick to that time limit! Ladies, this can be an idol just like everything else we place above the Lord! We can't serve two masters! We can't say that the Lord is our all in all, our

everything, our number one ambition when we have a hard time even talking to Him for a time of quiet prayer! If we can't sit in His presence! If we are not aware of His presence throughout the day! Think about it! There is a reason why God was so adamant on idol worship! Why He had the whole law hang on two commandments: Love God with all your heart, mind, soul and strength, and love others as yourself! Take time to examine, identify, confess, repent and then diligently fight against it by putting up boundaries for yourself! This is disciplining yourself for godliness! This is discipline that matters for eternity!