

# PHILIPPIANS - THE KEYS TO RELASING OUR JOY

## Lesson 7

Review: Paul has shown us how that our pain can actually become the source of our joy, rather than rob us of it. He then shows us how pride will rob us of joy rather than be a source of it. He now deals with another way our joy can be imprisoned: When we become a captive of our past.

### RESCUING OUR JOY FROM THE PRISON OF OUR PAST

#### I. BE AWARE AND AVOID THOSE WHO PULL YOU INTO THE PAST - Phil. 3:1-3

A) Back into the past ASPIRATIONS

B) Back into the past AGENDAS

#### II. BE AWARE AND ALTER ANY WRONG PERSPECTIVE OF YOUR PAST - Phil. 3:4-6

A) Mourning what we might have LOST from our past - vs. 4

1) Past ACCOMPLISHMENTS or ATTAINMENTS

2) Past ACCOLADES or APPLAUSE

B) Mourning what we might feel was a WASTE in our past - vs. 5

1) Past ATTRIBUTES

2) Past AMBITIONS

C) Mourning what we still REGRET about our past - vs. 6

1) Past ACTIONS and ABUSES

2) Past ATTITUDES and AFFECTIONS

#### III. BE AWARE OF HOW TO ASSESS AND APPROACH YOUR PAST - Phil. 3:7-21

A) AFFIRM the benefits of our FAITH - vs. 7-10

B) APPROPRIATE the fact of our FORGIVENESS - vs. 13

C) APPLY yourself wholly to your FUTURE - vs. 11-19

1) Acknowledge you have not ARRIVED - vs. 11-12

2) Acknowledge your need to ADVANCED - vs. 13-14

3) Acknowledge your ACCOUNTABILITY - vs. 15-19

D) ANTICIPATE the glories of FOREVER - vs. 20-21