

# PHILIPPIANS - THE KEYS TO RELEASING OUR JOY

## Lesson 1

**INTRODUCTION:** *The Christian life is largely lived out guided our doctrine and dedication. Yet, even when these are as they should be, we can find ourselves locked into a joyless existence that can feel more like a prison than a palace. Paul presents some vital "keys" that can release our joy in every situation and circumstance.*

### I. WHAT IS PRISON LIFE LIKE?

- A) Feelings of LONELINESS and being forgotten
- B) Feeling that there are LIMITATIONS on what you can be or do
- C) Feeling that you no LONGER HAVE the respect and esteem of others
- D) Feeling that your deepest LONGINGS are no longer possible
- E) Feeling like LIFE no longer has purpose or hope
- F) Feeling like you have LOST the opportunity to ever know joy

### II. HOW CAN LIFE BE LIKE A PRISON?

- A) We can allow our joy to be imprisoned by our PAIN - Ch. 1
  - 1) Shackled by our SUFFERINGS
  - 2) Shackled by our LOSSES
  - 3) Shackled by our MISTREATMENT
- B) We can allow our joy to be imprisoned by our PRIDE - Ch. 2
  - 1) Shackled by our ANGER
  - 2) Shackled by our ENVY
  - 3) Shackled by our BITTERNESS
- C) We can allow our joy to be imprisoned by our PAST - Ch. 3
  - 1) Shackled by the ACCOMPLISHMENTS
  - 2) Shackled by the AMBITIONS
- D) We can allow our joy to be imprisoned by our PETTINESS - Ch. 4
  - 1) Shackled by our COMPETITIVE spirit
  - 2) Shackled by our CONTENTIOUS spirit
- E) We can allow our joy to be imprisoned by our PERSPECTIVE - Ch. 4
  - 1) Shackled by a spirit of WORRY
  - 2) Shackled by a spirit of FEAR
- F) We can allow our joy to be imprisoned by our POSSESSIONS - Ch. 4