

[SERMON NOTES]

The Mature Mindset (*Philippians 3:15-16*)

- Discipline is choosing what's _____ over what's _____.
- _____ truly changes us!

Going Somewhere? (*Philippians 3:17-21*)

- Apathy _____ lead to conviction, which _____ result in faithful obedience.
- Conviction without _____ is wasted.

The Greater Reward (*Philippians 4:8-9, 1:23-24*)

- _____ is the greater reward.

[QUICK REVIEW]

Looking at your notes from this week's teaching, was there anything you heard for the first time or something that caught your attention, challenged, or confused you?

[MY STORY]

We are all familiar with apathy on some level. Being apathetic towards something is probably nothing new to you. We can become apathetic in housework, taking care of the lawn, our jobs, our diets, or fill in the blank on anything in your life. Apathy is not necessarily anger or sadness towards those things, but just this "blah" feeling towards them. Perhaps they used to excite you, but now they just seem to bore you and you couldn't care less. If we are honest, apathy can set into our faith as well. We find ourselves going to church or even praying because, well, it's what we are supposed to do... I guess. And if we don't take steps to fight it off, eventually we hit a point where we just don't care.

What are some things or areas in your life that you have become apathetic in or perhaps have been apathetic in the past?

[DIGGING DEEPER]

In this weekend's message, we talked about discipline being the thing that is necessary to battle apathy. The tricky thing about discipline is that you won't wake up one day and just automatically have a disciplined life. *So, when it comes to your faith, what does it take to have discipline? What are the practical steps you need to take to have discipline in your relationship with Jesus?*

There is a popular debate on how long it takes to develop a habit. Some people say if you do something for 21 straight days then it becomes a habit. Others say it takes 66 days. Regardless of how long it takes, habits don't develop overnight. Now that you've thought through what it takes to have discipline, *how do you make those disciplines healthy habits in your life and why is it so important?*

Read the following passages and write out **spiritual disciplines** that they highlight. Then, write out what those disciplines might look like in your life. (For example, when could you set time aside to read Scripture at least once a day? Or do you exercise the discipline of tithing.)

Matthew 6:5-13. 2 Timothy 3:16-17 Matthew 6:16-18 1 Peter 4:10 Hebrews 10:19-25

As we talked about this weekend, to move from apathy towards discipline takes conviction. Conviction without action is wasted, but conviction still needs to be there. Read the following passages and write out the common themes you see about conviction.

2 Corinthians 7:9-13a Acts 2:36-39 John 16:7-15

With the above verses in mind, when have you felt convicted of your sin? What action followed that conviction?

As you reflect on this "greater reward" series, how would you summarize the book of Philippians? What are some of the major themes that we have seen in this letter?

[WEEKLY READINGS]

Studies say that someone who reads their Bible 4 times or more a week improves their joy, happiness, contentment, and overall approval of their life. (*1 Tim. 4:8-10,16; 2 Tim. 3:16-17*). As a church, we believe that! Below are 4 passages of Scripture this week to dive into to pull deeper on our weekend's message. We encourage you to take notes in your Bible, and ask yourself: *What does this teach me about God? Myself and others? And how do I follow Jesus better?*

1 Corinthians 9:24-27

Proverbs 10

Hebrews 12:7-12

1 Timothy 4:6-16