

A hand is shown on the left side, holding a white sheet of paper that is partially covering the background. The background is a soft-focus image of a green field with several stalks of wheat or grain in the foreground. The lighting is bright and natural, suggesting an outdoor setting.

Discover PHILIPPIANS

MDPC Fall 2014 Small Group Study

Welcome!

Dear Disciple,

Much like a muscle that needs to be exercised to become strong, disciples need opportunities to practice obedience to become strong in the Lord. Obedience can be a tough word for some of us to swallow. It can feel controlling, or like a punishment. However, the kind of obedience the Lord calls us to is always paired with a blessing. When we obey God, we stand a little straighter, we think a little clearer, we feel a bit freer. Obedience to the God who loves us is the gateway to the joy and peace we desire.

For the next eight weeks we are going to journey through Paul's intimate letter to the Philippian church using an approach to Bible study called Discovery. In your groups, you will discuss the Scriptures using the six Discovery questions, always with an eye towards obedience. Small group time will begin and end with prayer, and the opportunity to share the ways God is asking each of us to be live as a result of reading His Word.

We are very excited about this study for a couple of reasons. First of all, each of you will be able to facilitate a Bible study using the Discovery approach by the conclusion of this study. You won't need commentaries or a seminary degree to have a great discussion of God's Word and how to apply it to our lives! Second, obedience can be addictive! As we experience the blessing of obedience in the small things, we are being prepared to be obedient in the big things. We are excited to see what little and big things God is going to do through in every one of you in this season and the year to come! And finally, we will be drawn back to the basics of following God: reading His Word, learning His character, and choosing to surrender in our daily decisions to His perfect will. In fact, Discovery is nothing "new," it is merely a way for us to recapture the essence of Christian discipleship.

May you experience joy and peace in your small group as you come to know God more intimately through study and application of His Word.

For Christ,



Christyn S. Knoop
MDPC Adult Ministries Director

DISCOVER PHILIPPIANS

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About Discovery

Several of us on the planning team of this study first heard of the Discovery approach, also known as “Obedience-based Discipleship,” during the Perspectives course offered at MDPC in the winter of 2012. Discovery was developed primarily to help unreached people learn about God through studying His Word for themselves, applying it to their lives, and serving those around them. The simplicity of learning through the Scriptures alone, without commentaries, specialized degrees, or a human teacher (the Holy Spirit is our teacher in Discovery), has enabled thousands of people across the globe experience a richer life with God.

Many different groups around MDPC—from youth and college through adults in their middle years—have enjoyed using this approach to Bible study. We are glad that you, too, will experience its transforming power!

What is the Discovery Approach?

1. **SHARE.** Start off by sharing one thing you're thankful for and one thing that is stressing you out and then pray.
2. **REFLECT.** Share what you are learning through God's Word since the last meeting. Reflect on last week's application (OBEY / SHARE / SERVE).
3. **READ.** One person reads the Scripture aloud while the rest follow along in their Bibles.
4. **LISTEN.** Another person reads the Scripture aloud while others listen - eyes closed!
5. **RETELL.** Someone retells the passage in their own words.
6. **DISCOVER.** Discuss the passage using the following questions:
 - What captured your attention in the passage?
 - What did you like?
 - What did you not like / what bothered you?
 - What did you learn about God?
 - What did you learn about people?
 - What did you learn about living to please God?
7. **OBEY.** How is God speaking to you specifically about responding to Him, i.e. what are you being asked to obey? What fruit may result from this obedience?
8. **SHARE.** With whom will you share what you learned?
9. **SERVE.** What are some needs we have / may respond to as the body of Christ?

Facilitation Tips

- Take turns facilitating the lesson. If you'd like a coaching session for facilitating Discovery, contact Christyn Knoop at cknoop@mdpc.org or 713-490-0940 to set something up.
- Step 1 should not take more than 10 minutes for everyone to share. Encourage brevity.
- Step 2 is a new one for many of us. Remind people they don't have to "have a story" each week. However, if God did something special that week, or if they are having difficulty with the concept of obedience, encourage them to share! Our small groups are to be safe places of prayer and support.
- When studying complex theological thoughts (like Philippians) instead of stories (like the Gospels), it's fine to summarize the concepts or get the "gist" across in Step 5. If appropriate, invite group members to fill in anything significant that might have been left out during the retelling.
- On Step 6, cap your discussion time at 20-40 minutes depending on the length of your study (about 3-6 minutes per question). Since the goal of the study is not just to learn something new, but to move towards obedience, you'll want to leave time for people to share at the beginning and end.
- We've found it helpful to pause for a few minutes after the discussion before moving into the application (Steps 7, 8, and 9). Encourage the group to use this time to pray and process, asking the Holy Spirit to reveal the ways they can be obedient, and with whom they may share the Scripture and what they are learning.
- Encourage specificity in Step 7. If people sense that they are being called to read their Bible more, ask how they will do that. Discussing obedience in terms of the corresponding blessings we may experience helps us remember that God isn't about rules – He desires for us to be whole! For example, reading God's Word often leads to comfort, assurance, and peace as the Holy Spirit mysteriously works on our hearts. Additionally, if someone feels called to resist some kind of destructive behavior, encourage them to consider how that might increase trust and intimacy in their relationships, especially with God. This "obedience + blessing" concept helps us to understand obedience for what it really is: the path towards life!
- Don't skip Step 9: SERVE! We have the hardest time asking people for help, but the testimony of the church and even secular studies show that helping each other is rewarding both for those who get to serve, and those who are served. Needs can be simple, like helping with a move or babysitting. Among unreached people, this helps the Christian community stand out: we serve our neighbors for no other reason than Christ compels us to be others-focused.
- Encourage people to practice putting the passage into their own words before arriving at small group. There is a space for this in the booklet.

Suggested 55-Minute Small Group Time

- 15 min. Gather and share Steps 1, 2.
- 5 min. READ, LISTEN, and RETELL the Scripture.
- 20 min. Discuss the Scripture using the DISCOVER Questions (~3 min. per question).
- 3-5 min. Pause and process the discussion, considering the OBEY and SHARE questions.
- 10 min. Invite everyone to share their thoughts on Steps 7, 8, and 9.*

Suggested 85-Minute Small Group Time

- 20 min. Gather and share Steps 1, 2.
- 5 min. READ, LISTEN, and RETELL the Scripture.
- 40 min. Discuss the Scripture using the DISCOVER Questions (~6 min. per question).
- 3-5 min. Pause and process the discussion, considering the OBEY and SHARE questions.
- 15 min. Invite everyone to share their thoughts on Steps 7, 8, and 9.*

* For groups of 12 or more, you may find it helpful to break into smaller groups to discuss steps 7 and 8. Discuss Step 9 (SERVE) as a large group.

Three-Column Form

Discovery may be done in your personal quiet time using a three-column form. Simply turn a piece of paper on its side and draw two lines to make three columns:

- The first column is for the Scripture. Copy the Scripture (5 to 10 verses) from your Bible word for word. In doing so, you will end up reading it about seven times!
- The second column is to put the Scripture in your own words. Don't move on until you can do this. It's okay if it takes you a few days to really process a portion of Scripture.
- The third column is where you will respond to God based on what you've read. Jot down what convicts you, what you are being called to obey, and with whom you will share this Scripture.

| Three Column - Discovery Bible Study | | |
|---|---|---|
| Lesson: _____ | | Scripture: _____ |
| What Does it Say? <i>(write Scripture)</i> | What Does it Mean? <i>(my own words)</i> | What must I Do to Obey? <i>("I Will ..." statements)</i> |
| | | I will I will I will |

More Discovery Resources

Learn more about Discovery by visiting the City Team website: www.cityteam.org/idisciple

Small Group Covenant

Whether this is your first time in a small group or you've been together for years, a Group Covenant is a great way to instill some disciplines that will support spiritual growth and friendships. Read the commitments at your first meeting and agree to them together, or change the terms so that it fits for your group.

_____ **Courtesy**

We will make every effort to attend each meeting and arrive on time.

We will meet from _____ to _____ on the following dates:

_____ **Confidentiality**

You may hear some comments that should not be repeated. What is spoken in the group remains in the group.

_____ **Honesty**

As we are able, we will be open, honest, and forthright with one another about our own lives.

_____ **Listening**

None of us will monopolize our time together, making it difficult for others to speak. The giving of advice is to be kept to a minimum.

_____ **Accountability**

We will respect one another's opinions (there are no "dumb questions"), yet strive to be obedient to God in our lives.

Group Contact Information

| Name | Phone # | Email |
|-------|---------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
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| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Discovery Study: Philippians 1:1-18

Sunday, August 31: Forgetting Is a Dangerous Thing (Philippians 1:3-11)

Salutation

¹ Paul and Timothy, servants of Christ Jesus,

To all the saints in Christ Jesus who are in Philippi, with the bishops and deacons:

² Grace to you and peace from God our Father and the Lord Jesus Christ.

Paul's Prayer for the Philippians

³ I thank my God every time I remember you, ⁴ constantly praying with joy in every one of my prayers for all of you, ⁵ because of your sharing in the gospel from the first day until now. ⁶ I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. ⁷ It is right for me to think this way about all of you, because you hold me in your heart, for all of you share in God's grace with me, both in my imprisonment and in the defense and confirmation of the gospel. ⁸ For God is my witness, how I long for all of you with the compassion of Christ Jesus. ⁹ And this is my prayer, that your love may overflow more and more with knowledge and full insight ¹⁰ to help you to determine what is best, so that in the day of Christ you may be pure and blameless, ¹¹ having produced the harvest of righteousness that comes through Jesus Christ for the glory and praise of God.

Paul's Present Circumstances

¹² I want you to know, beloved, that what has happened to me has actually helped to spread the gospel, ¹³ so that it has become known throughout the whole imperial guard and to everyone else that my imprisonment is for Christ; ¹⁴ and most of the brothers and sisters, having been made confident in the Lord by my imprisonment, dare to speak the word with greater boldness and without fear.

¹⁵ Some proclaim Christ from envy and rivalry, but others from goodwill. ¹⁶ These proclaim Christ out of love, knowing that I have been put here for the defense of the gospel; ¹⁷ the others proclaim Christ out of selfish ambition, not sincerely but intending to increase my suffering in my imprisonment. ¹⁸ What does it matter? Just this, that Christ is proclaimed in every way, whether out of false motives or true; and in that I rejoice. Yes, and I will continue to rejoice...

Before meeting with your small group, put the passage in your own words below, as if you were sharing with someone over coffee. Try to discern the "gist" of the passage.

Notes from Small Group Meeting

Based on the passage, how is God calling *me* to live? What is the resulting blessing?

Who will I share this with?

What are some needs in this group, or in our community? How may we respond as the body of Christ?

Discovery Study: Philippians 1:19-30

Sunday, September 7: Our Life Is What Our Thoughts Make It (Philippians 1:19-26)

¹⁹...for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance.

²⁰ It is my eager expectation and hope that I will not be put to shame in any way, but that by my speaking with all boldness, Christ will be exalted now as always in my body, whether by life or by death. ²¹ For to me, living is Christ and dying is gain. ²² If I am to live in the flesh, that means fruitful labor for me; and I do not know which I prefer. ²³ I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better; ²⁴ but to remain in the flesh is more necessary for you. ²⁵ Since I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in faith, ²⁶ so that I may share abundantly in your boasting in Christ Jesus when I come to you again.

²⁷ Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel, ²⁸ and are in no way intimidated by your opponents. For them this is evidence of their destruction, but of your salvation. And this is God's doing. ²⁹ For He has graciously granted you the privilege not only of believing in Christ, but of suffering for Him as well — ³⁰ since you are having the same struggle that you saw I had and now hear that I still have.

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Notes from Small Group Meeting

Based on the passage, how is God calling *me* to live? What is the resulting blessing?

Who will I share this with?

What are some needs in this group, or in our community? How may we respond as the body of Christ?

Week 3

Discovery Study: Philippians 2:1-11

Sunday, September 14: Two Syllables People Will Die For (Philippians 2:5-11)

Imitating Christ's Humility

¹ If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, ² make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. ³ Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. ⁴ Let each of you look not to your own interests, but to the interests of others. ⁵ Let the same mind be in you that was in Christ Jesus,

⁶ who, though He was in the form of God,
did not regard equality with God
as something to be exploited,

⁷ but emptied Himself,
taking the form of a slave,
being born in human likeness.

And being found in human form,

⁸ He humbled Himself
and became obedient to the point of death—
even death on a cross.

⁹ Therefore God also highly exalted Him
and gave Him the Name
that is above every name,

¹⁰ so that at the Name of Jesus
every knee should bend,
in heaven and on earth and under the earth,

¹¹ and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.

Before meeting with your small group, put the passage in your own words below, as if you were sharing with someone over coffee. Try to discern the “gist” of the passage.

Notes from Small Group Meeting

Based on the passage, how is God calling *me* to live? What is the resulting blessing?

Who will I share this with?

What are some needs in this group, or in our community? How may we respond as the body of Christ?

Discovery Study: Philippians 2:12-30

Sunday, September 21: A Call to Drink, Steal, Lie and Swear (Philippians 2:13-18)

Shining as Lights in the World

¹² Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; ¹³ for it is God who is at work in you, enabling you both to will and to work for His good pleasure.

¹⁴ Do all things without murmuring and arguing, ¹⁵ so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world. ¹⁶ It is by your holding fast to the word of life that I can boast on the day of Christ that I did not run in vain or labor in vain. ¹⁷ But even if I am being poured out as a libation over the sacrifice and the offering of your faith, I am glad and rejoice with all of you — ¹⁸ and in the same way you also must be glad and rejoice with me.

Timothy and Epaphroditus

¹⁹ I hope in the Lord Jesus to send Timothy to you soon, so that I may be cheered by news of you. ²⁰ I have no one like him who will be genuinely concerned for your welfare. ²¹ All of them are seeking their own interests, not those of Jesus Christ. ²² But Timothy's worth you know, how like a son with a father he has served with me in the work of the gospel. ²³ I hope therefore to send him as soon as I see how things go with me; ²⁴ and I trust in the Lord that I will also come soon.

²⁵ Still, I think it necessary to send to you Epaphroditus—my brother and co-worker and fellow soldier, your messenger and minister to my need; ²⁶ for he has been longing for all of you, and has been distressed because you heard that he was ill. ²⁷ He was indeed so ill that he nearly died. But God had mercy on him, and not only on him but on me also, so that I would not have one sorrow after another. ²⁸ I am the more eager to send him, therefore, in order that you may rejoice at seeing him again, and that I may be less anxious. ²⁹ Welcome him then in the Lord with all joy, and honor such people, ³⁰ because he came close to death for the work of Christ, risking his life to make up for those services that you could not give me.

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Notes from Small Group Meeting

Based on the passage, how is God calling *me* to live? What is the resulting blessing?

Who will I share this with?

What are some needs in this group, or in our community? How may we respond as the body of Christ?

Discovery Study: Philippians 3:1-17

Sunday, September 28: The Best Is Yet to Come (Philippians 3:7-17)

¹Finally, my brothers and sisters, rejoice in the Lord.

Breaking with the Past

To write the same things to you is not troublesome to me, and for you it is a safeguard.

²Beware of the dogs, beware of the evil workers, beware of those who mutilate the flesh! ³For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh — ⁴even though I, too, have reason for confidence in the flesh.

If anyone else has reason to be confident in the flesh, I have more: ⁵circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; ⁶as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

⁷Yet whatever gains I had, these I have come to regard as loss because of Christ. ⁸More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For His sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹and be found in Him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. ¹⁰I want to know Christ and the power of His resurrection and the sharing of His sufferings by becoming like Him in His death, ¹¹if somehow I may attain the resurrection from the dead.

Pressing Toward the Goal

¹²Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me His own. ¹³Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the heavenly call of God in Christ Jesus. ¹⁵Let those of us then who are mature be of the same mind; and if you think differently about anything, this too God will reveal to you. ¹⁶Only let us hold fast to what we have attained.

¹⁷Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us.

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Notes from Small Group Meeting

Based on the passage, how is God calling *me* to live? What is the resulting blessing?

Who will I share this with?

What are some needs in this group, or in our community? How may we respond as the body of Christ?

Week 6

Discovery Study: Philippians 3:17-4:1

Sunday, October 5: The Power of Principle Thinking (Philippians 3:17-4:1)

¹⁷ Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. ¹⁸ For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. ¹⁹ Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. ²⁰ But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. ²¹ He will transform the body of our humiliation that it may be conformed to the body of His glory, by the power that also enables Him to make all things subject to Himself.

Chapter 4

¹ Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

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Notes from Small Group Meeting

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Week 7

Discovery Study: Philippians 4:2-9

Sunday, October 12

Exhortations

² I urge Euodia and I urge Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let your gentleness be known to everyone. The Lord is near.

⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

⁹ Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Before meeting with your small group, put the passage in your own words below, as if you were sharing with someone over coffee. Try to discern the “gist” of the passage.

Notes from Small Group Meeting

Based on the passage, how is God calling *me* to live? What is the resulting blessing?

Who will I share this with?

What are some needs in this group, or in our community? How may we respond as the body of Christ?

Discovery Study: Philippians 4:10-23

Sunday, October 19: You Can't Lose! (Philippians 4:10-20)

Acknowledgement of the Philippians' Gift

¹⁰ I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. ¹¹ Not that I am referring to being in need; for I have learned to be content with whatever I have. ¹² I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. ¹³ I can do all things through Him who strengthens me. ¹⁴ In any case, it was kind of you to share my distress.

¹⁵ You Philippians indeed know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving, except you alone. ¹⁶ For even when I was in Thessalonica, you sent me help for my needs more than once. ¹⁷ Not that I seek the gift, but I seek the profit that accumulates to your account. ¹⁸ I have been paid in full and have more than enough; I am fully satisfied, now that I have received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. ¹⁹ And my God will fully satisfy every need of yours according to His riches in glory in Christ Jesus. ²⁰ To our God and Father be glory forever and ever. Amen.

Final Greetings and Benediction

²¹ Greet every saint in Christ Jesus. The friends who are with me greet you. ²² All the saints greet you, especially those of the emperor's household.

²³ The grace of the Lord Jesus Christ be with your spirit.

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Based on the passage, how is God calling *me* to live? What is the resulting blessing?

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