



Press On

Part 2 – Focus on Others

Study Guide

Persistent happiness is not good for us! Sadness motivates us to change and to grow. It highlights happiness, and provides perspective. If happiness were holy, Jesus wouldn't have been a "man of sorrows." In our time together let's focus on unity and joy rather than happiness and kicking out loneliness. If you encourage each other to press on and focus on others during this study, you have accomplished the goal.

1. Part of our culture at The Cove Church is the knowledge that we are #BetterTogether. What are some activities or things you might do with a group that you wouldn't do or enjoy on your own?

“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind.”
- Philippians 2:1-2 (ESV)

2. **Read Philippians 1:28-2:2.** Answer the questions brought up in Philippians 2:1 based on the previous verses in Philippians 1:28-29. Is there any encouragement in Christ? Is there any comfort from love? Any participation in the Spirit? Any affection and sympathy?

“Let each of you look not only to his own interests but also to the interests of others.” - Philippians 2:4 (ESV)

3. **Read Philippians 2:3-18.** Throughout this section the believers were encouraged to accomplish goals together, to give up a high position, obey, and do it all without grumbling. What is a practical way to look out for the interests of others? How does moving the focus off of self and onto others accomplish joyfulness?

4. What is your response when you lose a position or role you previously held? Maybe it's a job loss, or a decreased role in parenting due to divorce or custody change. Maybe it's the end of a season as a student at a respected school. Whatever the loss in your life, do you tend to focus on others or yourself? Do you look for community or retreat from it?

5. Who might you connect with over lunch or coffee this week? Is there someone you could invite to come with you to Life Group?