

Bible Study Questions
August 16, 2020
Sean Miller
Joy Ride: With Focus
Philippians 1:12-21

Sean told about when he lost focus and crashed his bike. Tell about a time you lost focus. What happened? Why were you distracted?

Read Philippians 1:12-21 and share what jumps out at you.

Which of the two quotes from, Bonhoeffer and Martin Luther King, did you relate to the most? Why?

How is your focus today?

What are your thoughts fixed on?

What is affecting your emotions more than anything else?

Where are your affections?

What is unsettling your heart right now?

Perhaps:

A past failure?

A moment of shame?

Bitterness and un-forgiveness?

Being trapped in a cycle of blaming others?

Feeling the weight of uncontrollable anxiety and constant worry?

An experience of rejection?

These challenges can cause us to lose our focus and lead us toward places of anger, despair, shame, control, strife, addiction, etc., so how is your focus today?

Paul was not perfectm but he had an anchor for his soul. He expresses this anchor in the phrase "For me, to live is Christ..." Jesus isn't just a theological truth, and he's also not just a ticket into heaven. HE IS LIFE! Jesus was both the focal point and lens for his life, and Paul's understanding and practice of that was the game-changer for him.

With as much honesty and self-awareness you can muster, how would you finish that sentence? For _____ (your name), to live is _____. Over the last six months, or even few weeks, how have you been finishing that sentence?

Now, with that in mind, what/ who is trying to steal your joy today?

In the message, we saw that focus helps us see more and produces courage. Which of these most resonated with you and why? Tell about how focusing on Jesus and having Him be the lens through which you understand your reality, has given you deeper perception and courage in your life.

Read Ephesians 1:5. How does it make you feel? Why?

Read Hebrews 12:1-3. Do you see yourself as His joy? Why or why not?

Pray for one another...

What could you use freedom *from* the most right now:

- Freedom from perfection?
- Freedom from performance?
- Freedom from approval?
- Freedom from addiction?
- Freedom from blame?
- Freedom from shame?