

# Strength for the Journey

## “Getting Over Me”

Philippians 3:1-11



### Individual Study Introduction

After listening to the audio segment, use the following questions as your time allows. You may want to record your answers or jot down thoughts and notes in a personal journal. You may also want to use your journal as a record of your prayer time with God. Write out your prayer or simply record your requests and the areas of your life you are releasing to God. This written record will help you to watch God’s movement in your life. You’ll see more clearly the ways God is giving you “strength for the journey”!

### Getting Started:

Joe Stowell tells about the time when his daughter, Libby, asked, “Dad, are we famous?” When Joe said no, Libby paused and then replied rather indignantly, “Well, we would be if more people knew about us!”

Joe offers this story as an illustration of how a 6-year-old child was already struggling with the huge monster called “me.”

- How have you seen a child—your own child, grandchild, or some other youngster—struggling with that monster?
- Do you agree with Joe that life happens to always be, for the most part, “all about me”?

### Strength through Scripture:

Read Philippians 3:1-11.

1. How much can you relate to Joe’s sentiment that he is tired of himself?
2. How much can you relate to Joe’s sentiment that he never gets tired of Jesus?
3. What do you think Paul means by his exhortation to “rejoice in the Lord” in Philippians 3:1?

## “Getting Over Me”

Lesson 1

Lesson 2

Lesson 3

Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

*“Finally, my brothers, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.”*

Philippians 3:1



# Strength for the Journey

## "Getting Over Me"

Philippians 3:1-11



Notes:

- 4. Do you agree with Joe that it doesn't mean being "happy in Jesus," regardless of circumstances, 24 hours a day?
- 5. What does Joe mean by saying that "Jesus doesn't share space"?

### ***Digging Deeper:***

If you have enough time, answer one or more of these optional questions. But be sure to save time for the final two sections.

- 1. Read Jeremiah 9:23-24. What does this Scripture passage tell us about boasting?
- 2. In Philippians 3, Paul is warning the Philippians about Judaizers—Jewish believers who had come to the cross but had forgotten the lesson of the book of Hebrews: Jesus canceled the requirements of the law. How do these Judaizers illustrate Joe's principle that "the better you get, the worse you might become"?
- 3. What stands out as you read Paul's list of credentials in Philippians 3:4-7?

### **Strength through Reflection:**

- 1. As Paul listed his credentials in Philippians 3:4-7, what are the credentials, or bragging rights, in your life?
- 2. What is more valuable to you—Jesus, or the things that keep you stuck on yourself

Dotted lines for handwritten notes.

# Strength for the Journey

## "Getting Over Me"

Philippians 3:1-11



Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Strength through Prayer:**

Spend a few moments in prayer. Tell God that you don’t want your life to be “all about me.”

You may want to begin your prayer with these words:

“Lord Jesus, I want to stop rejoicing in myself and start rejoicing in You. I don’t want my life to be self-absorbed; I want it to be about You—a Savior who is adored. I don’t want to celebrate my credentials; I want to celebrate the worthiness of Your credentials. In You alone do I boast.”

**Closing Call to Action:**

*As Paul listed his credentials in this text, list the credentials in your life. What are your bragging rights? For example, do you see yourself as clever, intellectual, aesthetic, creative, a good parent, or someone who has won trophies?*

*Now look at Jesus. What is more valuable to you—Jesus, or the things that keep you stuck on yourself?*

*Lastly, cross out your list of credentials and turn your eyes to Jesus. As you do that, reflectively read Philippians 3:1-11.*