

EVERYTHING IS AMAZING AND NOBODY'S HAPPY

SECRETS OF TRUE HAPPINESS FROM THE BOOK OF PHILIPPIANS

Finding your value (Philippians 2)

Getting Started

If your house was burning down, what three items (outside of your family members and pets) would you value enough to grab on your way out of the burning building?

Who is someone in your life that raised your personal value?

Going Deeper

Read the following quote and discuss:

*"If you really put a small value upon yourself,
rest assured that the world will not raise your price."*

- How much is your joy dependent on how much you feel valued?
- How do you see your value dependent on the people around you?

Value based on our culture

[Ecclesiastes 4:4](#) says *"All toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind."*

Do you agree with that statement?

How can you see the truth of this verse live out in the lives of people in our culture?

If your honest, which of the following statements best describe how you base your value on others

- What you drive in comparison to what other people drive
- What you wear in regards to what everyone else wears.
- What you make in regard to everyone else
- Where you live in comparison to everyone else
- How your house is decorated in comparison to everyone else
- How fit you are compared to the group you hang out with
- How far you've risen in your company compared to your co-workers
- How cool are the people you hang out with
- How do you vacation
- How well are your kids doing in school

You're value based on God

Read [Philippians 2:1-4](#). What do these verses say about value?

How would applying these verses change the way you seek value?

Read the following quotes and talk about what they say about determining the value of our lives.

*"It is amazing what you can accomplish if you do not care who gets the credit."
-Harry S Truman*

*"There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there."
-Gandhi*

How much extra time would we have in our lives if we didn't spend time trying to prove our value?

Jesus described his personality one time in the Bible in [Matthew 11:28-29](#).
Read those verses and talk about he said.

[Philippians 2](#) gives us two ways to raise our value. Read each statement with the corresponding verses and talk about how we can raise our value by putting them into practice.

1. Stop complaining that your not being valued

[Philippians 2:14-16](#)

2. Start raising the value of someone around you

[Philippians 2:19-21](#)

Application

Who are some people that you can spend time with to raise their value
(Try to go beyond family members)

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