

# EVERYTHING IS AMAZING AND NOBODY'S HAPPY

SECRETS OF TRUE HAPPINESS FROM THE BOOK OF PHILIPPIANS

*A confidence boost (Philippians 3)*

## Getting Started

Which confidence quote best represents you?

- I'm not shy, I'm just holding back my awesomeness so I won't intimidate you
- Always act like you are wearing an invisible crown
- Self Confidence is the best outfit, rock it and own it
- To be a great champion you must believe you are the best. If you're not, pretend you are. Muhammad Ali

When was a time in your life when you felt most confident?

When was a time you felt least confident?

## Going Deeper

How are you better when you are more confident?

How can you tell that you have lost some confidence?

In Philippians 3 Paul talks about three different places we can put our confidence. Let's take a moment to look at each of them.

### 1) You can put your confidence in your body

Read [Philippians 3:1-4](#)

What are some ways that we put our confidence in the flesh?  
How can putting confidence in the flesh let us down?

Paul challenges us to not put our confidence in the flesh, but what does that mean about the way we take care of our bodies?  
Read [I Corinthians 6:19-20](#) for some insight.

Do you think people in our community base too much of who they are on their body?

## **2) You can put your confidence in your accomplishments**

Read [Philippians 3:4-8](#). What could Paul have based his confidence on?  
How did he think of all that he had accomplished?

How do you think our accomplishments can keep us from being close in our relationship to God?

## **3) My ultimate confidence comes from my relationship with God and what I do for him**

Read [Philippians 3:9-14](#). What insight do these verses give us in regard to our confidence?

Read the following story and discuss as a group

*Nicholas Kurgat, 29, a resident of Chapel Hill and native of Kenya, won the city of Oaks marathon in Raleigh, North Carolina. He finished first with a time of 2:19:34. Unfortunately, minutes after crossing the finish line, he was disqualified. You see Nicholas didn't sign up for the marathon. He signed up for the Rex Healthcare half marathon. He was supposed to run 13.1 miles to the finish of that race, following the course signs. Instead, Nicholas missed the signs for the half marathon turn and found himself running a full*

*marathon. After he missed the signs he decided to go for it and run the full marathon instead. His coach explained it like this. "He just kept going because there was no where to go. He just followed the vehicle home." One official for the race said afterward that "One of their rules is that if you switch races, intentionally or unintentionally, you're disqualified. I feel bad he went the wrong way," Not only was Nicholas disqualified, he missed out on the \$1300 prize money*

**H**ow can you make sure that you pursue important priorities without getting sidetracked and losing your way?

**W**hat things in life do we tend to pursue that only give temporary confidence?  
What are things that God wants us to pursue that make are eternal?

### Pray

Take a few minutes to pray that God would help us to keep our focus on Him and to pursue Him first in all we do.

**EVERYTHING IS AMAZING  
AND NOBODY'S HAPPY**

**SECRETS OF TRUE HAPPINESS FROM THE BOOK OF PHILIPPIANS**