

# SERMON NOTES

*Joy for the Journey: Sustaining Your Joy*  
*Philippians 3:1-11*

When your confidence is in Christ, and you prefer to know Him above all else, you will find a sweet and sustaining joy for daily living. I am confident that you will discover that He is the joy for your journey. Paul commanded the Philippians to continue in joy that was only found in the person of Jesus Christ. Warren Wiersbe says, the book of Philippians “is a Christian psychology book, based solidly on Bible doctrine. It is not a shallow ‘self-help’ book that ‘everything is going to turn out all right.’ It is a book that explains the mind the believer must have if he is going to experience Christian joy in a world filled with trouble.” (Warren W. Wiersbe, *Be Joyful, Philippians*, Victor Books, Wheaton, Illinois. Pg. 15.)

**Key thought:** Sustained joy grows from your confidence in and preference for Jesus Christ.

## **YOUR JOY IS SUSTAINED WHEN YOU HAVE CONFIDENCE IN JESUS CHRIST (VS. 2-6)**

- Life of faith not of the flesh
- Life of the Spirit not of the self

## **YOUR JOY IS SUSTAINED WHEN YOUR PREFERENCE IS JESUS CHRIST (VS. 7-11)**

### **• Your preference is to be conformed to Him.**

In verse 10, Paul is saying that in order to be conformed to His death, one must experience 3 things:

1. You must know Him
2. You must know the power of His resurrection
3. You must know the fellowship of His sufferings

### **• Your preference is Christ because everything that is counted as loss cannot compare with what you gain in Him.**

In this passage there is a contrast and comparison chart by the apostle Paul. On one hand are the things that I count as loss, on the other hand are the things that I count as gain.

#### **1. Loss:**

- Whatever was profit
- Everything
- All things

#### **2. Gain:**

- Surpassing greatness of knowing Christ
- Christ
- Power of His resurrection
- Fellowship of sharing in His sufferings
- Becoming like Him in His death