

THIS IS LIVING

I Choose Joy

Uncontrollable circumstances have a tendency to control us. But because of Jesus, we can reframe what we can't control.

Discussion Questions

1. When you think "this is living," what is the picture that comes to mind? (All-inclusive resort, your team in the championship game, friends around a fire on your back deck, etc.)
2. Has life ever felt like you were striving for more, serving through hardship, searching for meaning, stuck in the monotony, or settling for less? What caused those feelings during that season?
3. Read Philippians 1:12–21. What is the most interesting part of Paul's words? What is the most challenging?
4. Does knowing that Paul wrote the letter of Philippians from prison change your view of it? If so, how?
5. Has there been a time in your life where you gave a circumstance too much control? How do you wish you had approached it differently?
6. Is there a current circumstance that you want to reframe with more hope in Jesus? Which of these questions helps you think more clearly about your circumstance:
 - How might God be working through this?
 - What might God be trying to teach me in this?
 - Who might I be able to reach because of this?

Changing Your Mind

Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.

—Philippians 1:27