



“JOY in Loneliness” Philippians 1:3-11

Relationships are not a luxury but a necessity for our emotional and spiritual wellbeing (Gen2:18). Our sinful tendency is anonymity and individuality. Anonymity is not wanting anyone to know your struggles (Fear) and individuality is not wanting anyone's help (Pride). Most people fight their battles alone and keep their interior world private, even in the midst of Christian community.

What are the Benefits of Gospel Centered (Healthy)

Relationships? Most relationships are built on proximity (closeness) and affinity (hobbies, interests) and still leave us lonely because they do not go deep enough. Paul's answer to loneliness is Gospel Centered Relationships. (Eph4:32)

- 1) **Memory Making** v3 I thank my God in all my remembrance of you. (Acts 16)
- 2) **Joy Generating** v4 always in every prayer of mine for you all making my prayer with joy. 1John 1:3-4
- 3) **Ministry Multiplying** v5 because of your partnership in the gospel from the first day until now.
- 4) **Confidence Creating** v6 And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.
- 5) **Affection Arousing** vv7-8 It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel. ⁸For God is my witness, how I yearn for you all with the affection of Christ Jesus.

What are the Marks of Gospel Centered (Healthy)

Relationships? Relationships are only as healthy as the individual that make up those relationship. Therefore, individual wholeness (holiness/healthiness) is the key to healthy relationships.

- 1) **Love** v9 And it is my prayer that your love (agape) may abound more and more... 1Jn4:19; 1Cor13:4-8; 1Jn3:15
- 2) **Truth** v9b ...with knowledge and all discernment, ¹⁰ so that you may approve what is excellent. 1Sam16:7; Gen1:26; Gal3:28; 2Cor5
- 3) **Integrity** v10b and so be pure and blameless for the day of Christ. Rom12:18
- 4) **Good Works** v11 filled with the fruit of righteousness that comes through Jesus Christ. James2:17,16
- 5) **Glory of God** v11b to the glory and praise of God. 1Cor10:31

Growing Notes

- 1) Relationships are not a luxury but a necessity for our emotional and spiritual wellbeing (Gen2:18). Explain. Why do you think that our sinful tendency is anonymity and individuality, and how do they interfere with healthy and healing community?
- 2) Read Philippians 1:3-11. Most relationships are built on proximity (closeness) and affinity (hobbies, interests) and still leave us lonely. Explain. What is Paul's solution? What is the general tone of this text and words Paul uses to describe his relationship with them?
- 3) Review the five BENEFITS and verses of Gospel Centered Relationships (vv3-8). Which one(s) have you benefited from the most? How do these benefits relate to two of our db values? Desert Breeze is a place where strangers become friends and friends become family. Life change happens best in small groups.
- 4) Review the five MARKS and verses of Gospel Centered Relationships (vv9-11). How would you define love (v9a) and what important part does truth play (vv9b-10a)? Why is integrity so important to relationships (v10b)? What are some good works you could do to nurture healthy relationships? How is God most glorified in our lives (v11)? Pray that db will be a Gospel Centered Community with healthy and God-glorifying relationships.