

## STUDY NOTES – JULY 22, 2018

### Sermon Series: “*Philippians: To Live Is Christ*”

Pastor Kris preaches from the *English Standard Version (ESV)*.  
*Sermons on line at [camanochapel.org](http://camanochapel.org). (Click the Media tab.)*

### Scripture: Philippians 2

#### To live is Christ...through my attitude

1. What a right attitude looks like (V. 14)

*Philippians 2:14 (ESV) — 14 Do all things without grumbling or disputing,*

- Life lesson: Understand the key to joy is not your circumstances but your attitude about your circumstances.

2. What a right attitude accomplishes (Vs. 15)

*Philippians 2:15 (ESV) — 15 that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,*

- Life lesson: Aim for a grateful life and you'll influence your world.

3. Where a right attitude comes from (V. 16)

*Philippians 2:16 (ESV) — 16 holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.*

- Life lesson: Daily take in God's Word if you want the right attitude.
  - The right beliefs result in the right attitude.

#### Insights for a grateful life:

1. Believe that gratefulness is an option for everyone (not just for the beautiful and blessed).
2. Believe that gratefulness is a choice.
3. Understand that gratefulness is a commandment to be obeyed. (Ps. 50:14)

4. Lower your expectations. [Fallen world, fallen people]
5. Find your joy in the unmovable things. [movable – health, success on job, etc. /// unmovable – Jesus, salvation, etc.]
6. Focus on the purpose, not the pain of suffering.

### S.A.L.T. Group questions

- Have someone read Sunday's passage: Philippians 2:14-16
  - What truths stand out to you?
- 1. Do you agree that life circumstances actually don't dictate our attitude? Explain your view.
  - Why is it so easy to grumble and complain?
  - How can we overcome grumbling and complaining?
- 2. Why do nonbelievers disregard Christians who complain?
  - What are some ways to respond when people around us are complaining?
  - What are some ways we can express our gratefulness to God toward nonbelievers (without sounding "super spiritual")?
- 3. Why do the right beliefs result in the right attitude?
  - What are some wrong beliefs about God because wrong attitudes?
  - Think of additional biblical insights for a grateful life and share them with the group.

*S.A.L.T. groups ("Sharing And Learning Together") are Camano Chapel's adult small group ministry. To learn more, you can go online at [camanochapel.org](http://camanochapel.org) and click on the ministry tab.*

**For further study** - A more detailed copy of this sermon can be found at our Chapel website link:

**[www.thebibleexpedition.wordpress.com](http://www.thebibleexpedition.wordpress.com)**

(Posted by 4 P.M. today)