



Middletown
CHRISTIAN CHURCH

A large rectangular area with a background of blue water ripples. The words "OVER" and "FLOW" are written in large, bold, black, sans-serif capital letters. The word "OVER" is on the top line and "FLOW" is on the bottom line. A thin black line forms a partial frame around the text, with the top-right corner missing and the bottom-left corner missing.

OVER FLOW

A Study in Philippians

DISCUSSION GUIDE

OVER FLOW

What you are holding in your hands is the result of a lot of hard work and prayer.

Paul's letter to the Philippians is a rich spiritual resource that has been encouraging Christians for centuries. Gathering together with a small group of friends to explore it together will be a worthy investment of your time.

Our hope is that through this series your connection to Christ will deepen, and his love will begin overflow out of your life and impact everyone around you. As you read Philippians, don't limit yourself to the videos and study questions. Dig in and explore the ideas and questions that you have. Ask the Holy Spirit to use what you are reading to speak to your life.

With much love,
David Emery

INTRODUCTION

This series on the Overflow life is inspired by Paul's prayer for the Philippian church, "I pray that your love will overflow more and more, and that you will keep growing in knowledge and understanding" (Philippians 1:9).

An overflowing life is one of the tangible benefits of a personal relationship with Jesus Christ. It begins the same way for us as it did for Paul and the Christians in Philippi, by welcoming Christ into our lives as our Lord and Savior.

THE BACK STORY

Philippians is a personal letter written by the Apostle Paul to his friends in the city of Philippi. What makes the letter special is that its contents were inspired by God and included in the New Testament.

Paul was a devout Jew who at one time saw Christianity as a threat to true faith, so he dedicated himself to destroying those who claimed to be followers of Christ.

However, around 35 AD Paul experienced a personal, life-changing encounter with the resurrected Jesus, which is described in Acts 9, 22, and 26. In that encounter, Paul made a dramatic turn in his life that transformed him into an apostle for Christ. Paul then became a missionary to the gentiles, and traveled all over the known world, planting churches and proclaiming Christ.

The Apostle Paul wrote the letter to the Philippians to express his gratitude and affection for the Philippian church, his strongest supporters in ministry. Paul drafted the letter during his two years of house arrest in Rome. At the time of its writing he was facing execution.

Paul had established the church in Philippi approximately 10 years prior, during his second missionary journey recorded in Acts 16. His tender love for the church in Philippi is apparent in this most personal of Paul's writings.

The church had sent gifts to Paul while he was in chains. These gifts were delivered by Epaphroditus, a leader in the Philippian church who ended up assisting Paul with his ministry in Rome.

At some point while serving with Paul, Epaphroditus became dangerously sick and nearly died. After his recovery, Paul sent Epaphroditus back to Philippi carrying with him the letter to the Philippian church.

The joy of the Christian experience is the dominant theme running through the book of Philippians. The words "joy" and "rejoice" are used 16 times in the epistle. True joy is not based on circumstances according to Paul. The key to lasting contentment is found through a relationship with Jesus Christ. Paul says, "to live is Christ." (1:21)

SESSION OVERVIEW

Session 1: Overflow with Love (Philippians 1:3-11)

Session 2: Overflow with Joy (Philippians 1:12-26)

Session 3: Overflow with Friendship (Philippians 1:27-30)

Session 4: Overflow with Humility (Philippians 2:1-11)

Session 5: Overflow with Influence (Philippians 2:12-18)

Session 6: Overflow with Passion (Philippians 3:1-16)

Session 7: Overflow with Peace (Philippians 4:4-14)

SESSION 1

OVERFLOW WITH LOVE

Philippians 1:3-11

KEY VERSE

“Every time I think of you, I give thanks to my God.” Philippians 1:3 NLT

MAIN IDEA

Overflowing love begins in the same place for everyone, it’s something that God does for us when we open up our lives to God, allowing God to fill us up. It begins with Jesus.

DISCUSSION QUESTIONS

1. How would you describe the flow of love in your life? Dried up, steady, or gushing?
2. Who in your life comes to mind when you think of overflowing love?
3. Describe a moment in your life when the love flowing out of you impacted someone else.
4. What is your main takeaway from this session?

SESSION 2

OVERFLOW WITH JOY

Philippians 1:12-26

KEY VERSE

“And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.” Philippians 1:12 NLT

MAIN IDEA

Knowing Christ allows us to experience overflowing joy even in the midst of conflict.

DISCUSSION QUESTIONS

1. What do we learn from Paul about finding joy in difficult circumstances?
2. What experiences in life have robbed you of your joy or made it difficult for you to experience joy?
3. What's the difference between happiness and joy?
4. What is your main takeaway from this session?

SESSION 3

OVERFLOW WITH FRIENDSHIP

Philippians 1:27-30

KEY VERSE

“We are in this struggle together. You have seen my struggle in the past, and you know that I am still in the midst of it.” Philippians 1:30 NLT

MAIN IDEA

Powerful friendships begin to overflow in our lives as we serve Christ side by side with others.

DISCUSSION QUESTIONS

1. Who are the people in your life that encourage you when you're on the edge of giving up?
2. What can we do for Christ together that we can't do by ourselves?
3. What role might Christ be call you to play in his church in the world? What gifts do you bring?
4. What is your main takeaway from this session?

SESSION 4

OVERFLOW WITH HUMILITY

Philippians 2:1-11

KEY VERSE

“You must have the same attitude that Christ Jesus had.” Philippians 2:5 NLT

MAIN IDEA

Paul challenges us to have the same attitude as Christ. Christ was the son of God but displayed great humility.

DISCUSSION QUESTIONS

1. Which aspects of Paul’s description of humility are most challenging for you?
2. How does humility affect our relationships for the better?
3. How would you describe the difference between humility and low self-esteem?
4. What is your main takeaway from this session?

SESSION 5

OVERFLOW WITH INFLUENCE

Philippians 2:12-18

KEY VERSE

“Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.” Philippians 2:15 NLT

MAIN IDEA

Influence is the effect you have on others through your words, actions, and attitudes. Jesus calls us to be a positive influence in a world of darkness and fear.

DISCUSSION QUESTIONS

1. Which of Paul’s five ways that we can shine like stars will be most difficult for you?
2. Who are the people in your life that you influence? What kind of influence do you want to have in others’ lives and why?
3. Who has had a significant influence on your life and who you are?
4. What is your main takeaway from this session?

SESSION 6

OVERFLOW WITH PASSION

Philippians 3:1-16

KEY VERSE

“Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ.” Philippians 3:8

MAIN IDEA

Paul says that everything in life is worthless compared to the infinite value of knowing Christ. Pursuing Christ with passion leads to an overflowing life.

DISCUSSION QUESTIONS

1. What are you most passionate about in your life? How does it influence the way you spend your time?
2. What would our lives look like when we have a passion for Christ?
3. In the video, David mentions three ways to spark passion in your life--white space, gratitude, and serving others. Which of these do you need to lean into?
4. What is your main takeaway from this session?

SESSION 7

OVERFLOW WITH PEACE

Philippians 4:4-14

KEY VERSE

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” Philippians 4:6 NLT

MAIN IDEA

There is a great peace that comes from knowing God. To know that we belong to him and will always belong to him gives us peace.

DISCUSSION QUESTIONS

1. What is the negative impact of worry on our lives? What are some of the things that you worry about?
2. How does Paul suggest that we deal with worry?
3. What does Paul mean when he talks about the peace of God that passes all understanding in Philippians 4:7?
4. What is your main takeaway from this session?



GETTING STARTED

Whether you're gathering and walking through this study with one person or ten people, here are some helpful suggestions for your time together.

Pray together.

Catch up on each other's lives.

Read the scripture together.

Discuss the video and engage the questions.

ADDITIONAL RESOURCES

Overflow: A Study in Philippians videos are available on
MiddletownChristian.org/overflow

Weekly Sermons at MiddletownChristian.org/sermons

The Call by Adam Hamilton

Christ Centered Exposition: Exalting Jesus in Philippians
by Tony Merida and Francis Chan



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CHRISTIAN CHURCH

MiddletownChristian.org

500 N. Watterson Trail, Louisville, KY 40243
Worship with us: Sundays at 8:30, 9:50, and 11:10 a.m.