

# CELL NOTES 1/3/10

## ICE BREAKER

What is the best thing that has happened for you in the last week?

## THEME

Rejoice!

Reading; Phil 4 : 2 - 9

## SERMON OUTLINE

- 1) The 3D images.
- 2) Paul sees life in 3D. He sees an extra dimension, and that is his solution to his hard circumstances. He sees beyond the physical to a spiritual realm, and thus is able to rejoice.
- 2) He begins with the conviction that God is good, and looks there rather than physical events.
- 3) Revel in God – it will transform many of our attitudes.
- 4) Testimonies from Barnet – which challenged us to ask “How big is our God?”
- 5) Do we have an intractable situation in life which we have given up on? Has my heart got hardened in that area? Have I sunk into 2D? Ben urged us to recapture a vision of God who is good, and bigger than any situation.
- 6) v8. What do we fill our minds with? How influenced are we by “the world”? (e.g. the average adult sees 43 advertisements per day).
- 7) We need to grasp and believe God’s perspective on us and our world.
- 8) The verses under the chairs e.g. Rom 8 : 38 and 1Cor 1 ; 4 – 5. God’s view of us..
- 9) Paul wrote the letter from prison – he was in there because the world disagreed with him. But he was right and the world was wrong –however he chose to see life in 3D, and believe the truth of Rom 8 : 38.

## QUESTIONS OF APPLICATION

- 1) Is life on balance for you 2D or 3D?
- 2) Are you facing a long-standing intractable situation? What help may there be from this passage and message?
- 3) Do you believe that God is good – all the time?
- 4) How influenced are you by the world system around you?
- 5) Use verses 4 – 7 as a basis for prayer together.