

# ***Sunday Sermon Notes*** ***Placebo #4 "Self-Help"***

## **Self-help is available for nearly everything:**

Psychology and emotions  
Love and relationships  
Health and fitness  
Diet and nutrition  
Money and careers

## **Sources of self-help programs:**

Science (Medical or psychological)  
Spiritual (New Age or Eastern)  
Christian (Biblical or Principled)

## **Observations:**

Some are actually helpful  
Some don't work  
Some can be dangerous

## **Getting caught up in the latest fad:**

Personality driven  
Simplistic solutions  
Superficial results

## **Where self-help can go wrong: *Philippians 3:7-11***

Diagnosing the problem: Total Depravity  
Identifying the solution: Knowing Jesus  
Applying the treatment: Focused Faith  
Anticipating the results: Resurrection Life

## **I will always remember that Jesus is: *John 14:6***

The way  
The truth  
The life

# ***Digging Deeper***

## **Notes for Individual Meditation and Small Group Discussion**

What are some "self-help" fads you or someone you know have tried?

Review the sermon notes from Sunday's sermon. What point in the sermon made the greatest impact on you?

Why do you believe Christians are so prone to get caught up in self-help fads?

## ***Read: Philippians 4:4-13***

### ***Discussion Questions***

*(Remember that not all questions must be used)*

This passage might well be called Paul's program for Christian self-help. In it he provides practical advice on how Christians should approach their lives while living in this world.

Paul tells us that we are to "rejoice in the Lord always." Why do you believe he begins by giving this instruction? How easy do you find it to do this? When do you find it hardest to rejoice?

How do we let our "gentleness be evident to all"?

In what ways have you experienced that "the Lord is near"? How does knowing this help you?

How realistic do you think it is for us to "not be anxious about anything"? What does Paul tell us to do in place of worry?

What do you think it means that the peace of God "transcends all understanding"? How have you experienced this peace in your lives?

Why do you think Paul tells us to think about the things he lists in verse 8? Which of these would you benefit from spending more times thinking about?

Paul emphasizes that the church is to "put into practice" what they have learned, received, heard, and seen from him. Why do we have such a hard time moving from knowledge to action?

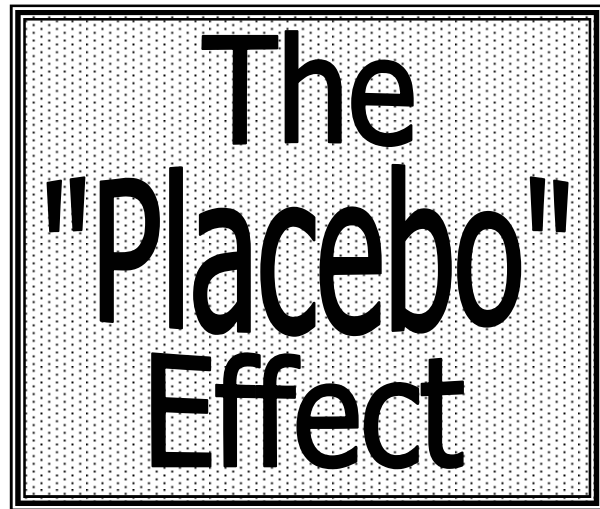
In verses 11 -12 Paul testifies to having learned to be content whatever the circumstances. How hard do you find it to be content with things in your life? When do you find being contented the hardest for you to experience?

Paul says he has found the "secret" to being contented. What do you think that secret is? How does verse 13 relate to his secret of contentment?

Which of Paul's instructions found in this passage do you find the most helpful? Which is the most needed? Which is the most difficult?

**Prayer Time:**

Give the members of your group a chance to share the biggest burden they are facing in their life right now. Take time to pray for each others burdens individually.



The  
"Placebo"  
Effect

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***Philippians 3:7-11***

***"Self-Help"***

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