



October 4 – Eighteenth Sunday after Pentecost
Series theme: “Philippians: Official Guide for a Joy-Filled Life!”
Weekly sermon title: “Train for Life “
Pastor Frey preaching

Don't just listen to the Sermon...Ponder how you can live it!
Use these questions as a starting point to dive deeper into the sermon each week.
Can be used individually, with family and friends, or with your Life-group!

1. How is this in-between time making you feel?
2. Read Philippians 3:4b-14 again. What words or phrases from this section of the letter are giving you strength, hope or joy?
3. Paul acts as a cheerleader for the Philippians. Who has been a cheerleader for you in your life? Who is someone you might cheer on?

