

10. Do we have to suffer in order to know Christ? How does suffering identify us with Christ?
11. What is the danger in avoiding suffering at all costs?
12. How is it helpful for us to know that even Paul didn't feel he "had it all together?"

For middle-adults:

13. Are you more likely to worry about the future or get stuck in past successes, regrets, sin, or loss? Why?
14. How will you focus on the eternal...
 - a. In your personal life?
 - b. In your marriage?
 - c. In the church?
15. What unique part can you play in the church in passing along the faith to the next generation?

For older generations:

16. What are the things you admire about the middle-aged adults?
17. What are the things you don't understand about them?
18. How can you best support and encourage them in the church?

For younger generations:

19. What are the things you admire about the middle-aged adults?
20. What are the things you don't understand about them?
21. What do you think you can learn from the middle adults? How will you intentionally do so?



Mid-Life Crisis

Sermon Notes:

The middle-age years are when we do a lot of _____.

The dilemma: Do I live with _____ for the past or do I look to the _____?

Scripture: Philippians 3:1-16

Paul is in _____ in Rome.

Baby Boomers:

- Got bored with the _____ of the Builders.
- Felt the Builder's _____ allowed inequality, resulting in the Civil Rights Movement.
- Music: _____ and The _____.

Overreactions: _____ and _____ break-down.

Generation X:

- Grew up with _____ as a babysitter.
- Many come from _____ homes.

Three basic attitudes of Philippians 3:

1. Being _____ with where we are. (vs 1)

- We're all tempted to wrestle with our past _____.
 - Things we've _____.
 - Things done to us.
- Paul isn't telling us just to _____.

2. Let go of _____.

- What Paul thought would make him _____, didn't really matter anymore.
- *skubala* = _____.
 - religious achievement
 - prosperity
 - ???
- We can't find eternal _____ in temporary things.
- The doorway to resurrection is always _____ and _____.

3. _____. (vs 12)

- Don't get stuck in your _____.
- Don't get stuck in your _____ or disappointment.

Gift to the church: The combination of _____ and _____.

Greatest challenge: _____.

Find significance in what is _____.

Don't be afraid to do the _____ things.

Questions for Study and Application:

1. Have you experienced an event that signaled to you that life was never going to be the same? Describe the event?
2. Was this event painful? Did you accept it graciously or fight it?
3. What are some of the losses or disappointments you've experienced in life? How did these experiences shape you and your faith?

Read Philippians 3:1-16

4. What caused Paul to be able to "rejoice" even when he was sitting in prison?
5. In his earlier years, how did Paul find significance in his life? How did his attitude change in this passage?
6. What happened to cause the change?
7. What are the things people today use to find significance? Which of these are your biggest temptations?
8. How are these things "fool's gold?" Have you experienced the sense of "loss" Paul did?
9. In verse 10, Paul says the way he fellowships with Christ is through suffering. Do you believe this is the case for everyone?