

**My Deliverance:** Philippians 1.19  
[Going Deeper]

Think about the situations in your life where you have needed or right now need deliverance. How would you describe your soul?

**Read Mark 14.32-42**

How does Jesus describe his soul at that moment?

Do you think Jesus is ultimately praying to get out of the situation or for something else—if so, what is He really asking for?

For Paul, God's deliverance isn't just a good option—it's all he has. In what ways do we tend to view God's deliverance as an option rather than our only choice?

What other things do we tend to trust in for our deliverance? How well do they deliver on their promise to deliver?

If deliverance doesn't always change our circumstances, then what does it change?

What are your normal reactions when things start to cave in on you? Which reactions do you tend to regret later? Why?

When Paul talks about prayer, it seems like having those prayers answered isn't the most important thing. What do you think prayer is about to Paul if it's not having the prayers answered?

**Read 1 Corinthians 12.26**

What does this look like in relation to what Paul has been talking about in Philippians 1.19?

How can we suffer together and rejoice together? What does that accomplish?