



# joy through pouring out

*But my life might even be poured out like a drink offering on your sacrifices. I'm talking about the way you serve because you believe. Even so, I am glad. I am joyful with all of you. So you too should be glad and joyful with me.*

*// Philippians 2:17-18*

*New International Reader's Version  
(NIRV)*

What is your favourite drink to have in the summertime? Iced tea? Lemonade? A smoothie?

Imagine that you had to give your favourite drink up for your friend or parent. What would that feel like?

That scenario is kind of what Paul is talking about here. He is talking about how much he has served his friends in Phillippi, just like you would serve your friend by letting them have your favourite drink. Not only that, but Paul is glad and joyful that he was able to give up so many things to serve his friends.

**Are you glad and joyful when you have to give up things for your friends?**

