

MORE THAN *happy*

Learning the Secret – Joy for Life

Scripture Texts

Philippians 4; Philippians 1:27, 2:2, 2:5

Connect

What is the best thing that happened to you this week?

What do you do to do relieve stress and worry in your life?

Engage

This week's sermon completed the series in Philippians about finding joy. How we think and what we think about affects our joy, so that is what this discussion will focus on.

Read Philippians 4

In verse 1, we are told 'in this manner to stand firm' (CSB). What do these verses in Philippians tell us about how we are to 'stand firm'? 1:27? 2:2? 2:5?

In verse 2 we find out Euodia and Syntyche have some disagreement. Based on your experience, how do you suspect they thought about each other? How could the others help (v.3)?

What kinds of things are you anxious about? How does the way you think about your situation and about God affect how you feel?

What are the steps Paul gives in verses 4-9 to relieve your anxiousness? What does he tell us about God that will help?

Go through verse 8 and name some specific things in each category (true, noble, etc.) that you can think about.

What were the Philippians' thoughts about Paul in vv.10-19? What did they do about it?

Paul says he rejoices or we should 7 times in this letter (vv. 1:18, 2:17, 2:18, 2:28, 3:1 and twice in 4:4). How does rejoicing affect your relationships? Your circumstances? Your generosity?

Apply

Based on the sermon this week and on this passage, discuss the areas below. What needs to change in your thinking, and as a result, do you need to do something differently?

1. Are you in a strained relationship with someone? How do you need to think differently about that person?
2. What are you anxious about? How do you need to think differently about that in order to have the peace God promised?
3. How is your thinking about your own situation and that of others affecting your generosity towards others, the church and missions?

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