

SERMON APPLICATION GUIDE

Philippians 4:4

Ice Breaker: What's an evidence of God's grace you've seen this week?

Ice Breaker: Name one thing that happened to you or that you saw that brought you joy?

DISCUSSION QUESTIONS:

1. **Read Philippians 4:4:** What is the context of this verse? What is the bigger picture of Philippians 4:4?
2. What does Paul mean when he says "rejoice"? What does rejoicing look like? Does it look the same for everyone? If not, what marks out someone who rejoices?
3. What does not rejoicing look like? How might you describe or recognize someone who is not full of joy and is not living a life of rejoicing?
4. What does it look like for you to rejoice? How would someone recognize your joy? What are the key markers you display when your joy is in the Lord?
5. Why are the words "in the Lord" so crucial to our understanding of rejoicing? What things are we tempted to replace for "the Lord" (e.i. "in my children," "in my joy," "in my grandchildren," "in my health," "in my financial stability," etc.)? How can we resist this temptation?
6. The most difficult part of Phil 4:4 might be the word "always." What does Paul mean when he says "always?" What does he not mean? How do you know?
7. What things in your life fight against your joy in the Lord? What situations or circumstances are the hardest for you to remain rejoicing in the Lord? Why?
8. What can you do today to prepare to "fight" against the things that steal your joy in the Lord? Who around you can help you then you are tempted to lose your joy? Can you ask that person this week to be prepared to help you when the time comes?

Application: Spend some time sharing more about where/when you are tempted to lose your joy. Pray for one other, asking the Lord to root us in his everlasting joy.