

JOY



IN THE MIDST

WEEK 5: JOY...IN SPITE OF MY PERSONAL WORRIES (PHILIPPIANS 4)

WELCOME

Share a funny and/or embarrassing story about a time you got lost or made a wrong turn.

WORD

1. Reflect on **Philippians 4:4-7**

- What does it mean to “rejoice in the Lord always” and how can you do this?
- In verse 6, what should we do instead of being anxious?
- According to verse 7, what is the result of focusing on God instead of worrying?

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2. **Proverbs 4:23** (NCV) says, “Be careful what you think, because your thoughts run your life.” **Philippians 4:8-9** encourages us to think about what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. What thoughts and/or habits do you need to change? How does one begin to change thoughts & habits?

***Notice the self-reflective questions under “Personal Reflection & Deeper Study for this Week” at the end of this lesson.

3. In the video lesson, Mandie Pinto-Czarnecki shared a personal story about feeling anxious. If you feel comfortable, share about a time when you experienced the peace of God that transcends understanding. How did God’s peace guard your heart and mind?

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4. Read **Philippians 4:11-13; Matthew 6:31-33; 1 Corinthians 10:13; 1 Timothy 6:6-8; and Hebrews 13:5**. How can we be “content in any and every situation”?

5. Read **Philippians 4:18-20**. How did Paul respond to the Philippians’ generosity? Who did Paul thank for what He had received. Is there anything in your life that you need to thank God for?

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WORSHIP

Read **Psalm 23:1-6**. Take turns praying and thanking God for how He has blessed you.

WITNESS

Who in your life could use some encouragement? Who do you know that would benefit from an intentional act of kindness and/or act of service? How could you share Jesus after showing kindness?

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PERSONAL REFLECTION & DEEPER STUDY FOR THIS WEEK

- Memorize **Philippians 4:13**.
- In one setting, read Philippians each day this week.
- Read **Proverbs 4:23** (NCV); **Romans 12:1-2**; **Philippians 4:8-9**; and **Colossians 3:1-4**. Reflect on your thoughts and habits with these questions:
 - Which thoughts and/or habits lead you astray?
 - What triggers your thoughts and habits? What situations tempt you to engage in this habit?
 - How are these thoughts and/or habits harmful?
 - What does God say about the thoughts and/or habits you are struggling with?
 - How would your life be healthier if you didn't have such thoughts and/or habits?
 - Who can help you with this habit?