

MAIN POINT

When I focus on Christ, joy and peace flood my life.

INTRODUCTION

Do you typically see the glass as half-empty or half-full? Why?

How would you define “joy”? Do you think it’s possible to work towards joy in your life? Why or why not?

In Philippians 4, bound in chains, Paul didn’t engage in positive thinking; instead, he focused on the goodness of Christ. In this text, Paul reminds us that when we focus on Christ, we experience joy and peace no matter what challenges we face.

DISCUSSION

> READ PHILIPPIANS 4:4-9.

What’s your initial reaction to Paul’s commands in these verses?

What is the context of this passage? Why is that significant?

What does it mean to “rejoice” in the Lord (v. 4)? What is the distinction between joy and happiness?

How is worry a departure from trust in the character of God?

How does worry move you away from joy?

How does understanding that you don’t possess the future—but that God does—help alleviate your worry?

How does prayer help us move from worry to trust? How can praising God and choosing to be thankful help with worry and move us toward joy?

Why does it matter what we think about? How does what you think about affect how you feel? How does it affect your relationship with God?

According to verse 8, what kinds of things are we supposed to dwell on or think about?

How does dwelling on the right things provide the pathway to joy and peace, no matter your circumstances?

How do you react to reading the eight virtues Paul urges his readers to practice?

How can you rejoice in the Lord this week regardless of circumstances? List specific examples.

APPLICATION

How will you pursue joy through seeking to dwell on Jesus this week? How might you make a habit of this?