



Happiness is a chance; joy is a choice. The book of Philippians is full of wisdom regarding how we can learn to rejoice in the Lord regardless of our circumstances. Life is full of potential joy killers, but faith is full of joy fillers. And we get to choose!

**These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.**

**1 Read Philippians 4:6-7.** Rick noted that according to Amazon, Philippians 4:6-7 are the most highlighted scriptures in all the Bible. The fact is that anxiety can easily sink your spiritual life. Share a time in your life when anxiety was overwhelming you. How did it change your life? How were you led back to Joy and Peace in that situation?

**2 Anxiety says, “What if?” and steals JOY.** Anxiety is the result of assuming responsibility for things outside of our control. Discuss the difference between living “*in the natural*”, that is, **drifting** among the “What ifs?” and **choosing** to live “*in the supernatural*” where we can abide in the gift of God’s Joy.

**3 We choose to WORRY about NOTHING (4:6a). Read Matthew 6:25-27.** The reality is that worry is worthless. It has no value. Rick notes that it “*marks the spot where we are mistrusting our value to God and His ability to handle the future.*” So, Jesus challenges us to look at the world. In what ways does communing in God’s creation help you to release anxiety?

**4 We choose to PRAY about EVERYTHING (4:6b). Read 1 Peter 5:7.** God loves the sound of your voice and never puts you on hold. The action of casting throws the anxiety toward God’s sovereignty and mercy. He is available all the time! Share some of the “breath prayers” or other prayer habits you use in a moment’s notice when life gets tense.

**5 We choose to GIVE THANKS about ANYTHING (4:6c). Read 1 Thessalonians 5:16-18.** “In the natural”, we focus on circumstances. “In the supernatural”, we focus on Jesus. Rick notes that we can be thankful “in it”, even when we are not thankful “for it.” Talk about a quick list of things that Jesus has given you right now that tomorrow cannot touch.

**6 We choose to THINK about GOOD THINGS (4:8).** Our culture, under the influence of our enemy, wants to fill our minds with negative thoughts. But in Christ, we are able to take responsibility for our thoughts through the empowering of the Holy Spirit. **Read Ephesians 4:23.** Share some ways that Holy Spirit has helped you practice “positive thought control”.

**7 Peace says, “Even if!” and guards Joy (4:7).** Joy is the result of walking in the supernatural promises of God. Rick says, “it is a joy that cannot be explained and it cannot be explained away.” Finish this sentence “Even if...” with a commitment statement to express your faith in the promises of God.

**Abide in Joy:** Allow each member the opportunity to name one anxiety they are presently carrying then pray together about choosing to walk in the supernatural where there is real joy.

