



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 4:10-13. Rick began by saying, *“It is my conviction that followers of Jesus should be known as the most joyful people on the planet.”* Talk about a person in your life that you would describe as joyous, no matter what. What was it about their joy that made such an impression on you?

2 “I REJOICED GREATLY. . .” (4:10-11). Paul chose contentment whatever the circumstance, even in prison. Our culture however, champions the idea of dissatisfaction. Culture contends that to leave our “wants” unsatisfied means we will never be happy. But, Rick notes that our “wants” can blind us to who God wants us to be and what he wants us to do. Discuss some ways our culture exploits our “wants.” Share a personal example if you can. In what concrete way can we redirect our desires to receive our contentment from God?

3 “I HAVE LEARNED. . .” (4:11) – In real terms “Learn to be grateful.” Read 1 Timothy 6:6-8. Discuss Rick’s statement. *“The truth about our discontent is that it is fed and fueled by a contract mentality that thinks “God owes me because...”* Question: Is God indebted to us? So, state the obvious, what is the result if we get what we really deserve from God? Now, practice some thanksgiving together, name some things that you don’t deserve but that God has given to you anyway.

4 “I HAVE LEARNED..” (4:13) – In lasting terms “Learn to be grace-full.” Read 2 Corinthians 12:8-9. Read Hebrews 4:16. Paul said, *“I can do all things through Him who gives me strength.”* This was Paul’s answer to contentment through every moment of his life. This was true whether Paul was on the mountain top or in the valley. Share some ways we can learn and grow in our capacity to have every part of our lives empowered by Jesus. In other words, What is your “all things” where you need grace the most?

5 “I CAN DO.” Joy is not a result, it is a relationship. You can rejoice in anything when Christ is your everything. Look again at **Philippians 4:1-12**. Name again some of the impressive things from each verse that are possible when we are in a relationship with Jesus. For example, verse 2 – *I can find unity with others*. Verse 3 – *I can receive help from other Christ-followers*. Continue through the verses together and name again some of the possibilities.

Abide in Joy: Pray together about leaving behind a witness that people will remember you for being a joyous person.

