

Joy



DISCOVERING JOY

THROUGH PHILIPPIANS

SESSION 3

SERIES OVERVIEW:

“Joy. It’s not getting what you want; it’s appreciating what you have. Joy isn’t always the easiest choice or the obvious choice, but joy is a choice. The Apostle Paul said, “Rejoice in the Lord always. I will say it again, rejoice!” And his life is louder than his words. Paul writes his letter to the Philippians from a prison cell. You can choose joy anywhere, anytime, anyway!”



‘Psychologically and sociologically, we are hard-wired for negativity; negative experiences stick to the brain like Velcro, whilst positive experiences slip off like Teflon.’ - Psychologist Dr. Rich Hanson

R E A D : P H I L I P P I A N S 1 : 3 - 2 1

O P E N I N G D I S C U S S I O N :

What has robbed your joy this week?

What has brought you joy this week?

Relational, not emotional

Paul speaks of the joy that comes from remembering, holding, sharing with others; in this way, joy is relational, not emotional. Joy comes through relationship with Jesus through the Holy Spirit - which brings the fruits of the Spirit (including joy) - and with others, through community, which we were designed for.

Consider: Take a moment to think about the key relationships in your life. Who is in your inner circle? Are those relationships life-giving? Challenging? Encouraging? Supporting your call and purpose?

Discuss: What people in your life are leading you to grow in intimacy with Jesus?

Mindset over Circumstance

When it comes to joy, our perspective is more powerful than our circumstance. Our worldview can hold both suffering and joy in coexistence, because our confidence in Christ's eternal victory brings current circumstances into the context of eternity, and the hope of the ultimate redemption of all things.

Discuss: Are there stories in your own life of shipwreck, brokenness or vulnerability that are actually stories of God's rescue?

Discuss: How can we develop and strengthen a mindset that is more powerful than our current circumstances?

Challenge: How can we take joy and blessings out into our community over the coming weeks?

P R A C T I C A L A P P L I C A T I O N

How can we take joy and blessings out into our community over the coming weeks?

Activity: Joy cards

P R A Y T O E N D

“Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God every day.”

