

# Joy



DISCOVERING JOY

THROUGH PHILIPPIANS



# SESSION 5

## 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!”**





**In 1963, Dr Martin Luther King wrote:**

**‘There was a time when the church was very powerful. In the time when the early Christians rejoiced at being deemed worthy to be persecuted. In those days the church was not merely a thermometer - a thermometer that recorded the ideas and principles of popular opinion of the culture and age. No, the Church was a thermostat - a thermostat that transformed the atmosphere of the society around it.’**

**Opening discussion: Are you a thermometer or a thermostat?**

**READ: PHILIPPIANS 1:19 - 26**

Even when Paul is distressed and suffering, his reaction is to “boast in Jesus Christ” and in his deliverance.

**Discuss: How do you typically react to stress and challenge?**

The Spirit of God has the power to turn our weakness and mistakes into God’s triumph; our distress is not our disqualification.

**Consider: Are there areas of your life in which fear or shame are robbing you of joy or purpose? What can we learn from Paul’s letter that might help us?**



## **READ: PHILIPPIANS 1:27-30**

Paul is writing to followers of Jesus in Philippi, whose faith and way of living was at odds with Roman culture and values, encouraging them to stand firm.

**Discuss: Are there areas in which popular opinion is threatening to compromise your convictions?**

**Discuss: What things do you find help you to stand firm in your faith and walk in the way of Jesus?**

## **CONFESSIO N**

Being a Christian is not about perfection or always getting things right; but when we do get things wrong, “conducting ourselves in a manner worthy of the gospel” looks like confessing those things, repenting (turning away), and making the necessary steps to correct our behaviour/thinking and, if possible, repair the hurt.

**By yourself, or with someone you feel comfortable with, spend some time bringing to God those things which you need God’s forgiveness for, and asking for his help to live differently.**



**P R A Y T O E N D**

**The Lord's Prayer**

**H U D D L E S**

**A U T U M N 2 3**

**S E S S I O N F I V E**

