

Joy



DISCOVERING JOY

THROUGH PHILIPPIANS

SESSION 10: JOY TO THE WORLD

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!”



S E R I E S O V E R V I E W :

K N O W W H A T ? S O W H A T ? N O W W H A T ?

At this point in the term, we're going to spend a session checking in with how we have each been finding joy in this season; what we are have learnt, how we can see God at work in our lives, and how we are living differently as a result.

R E A D P H I L I P P I A N S A L L T H E W A Y T H R O U G H

Discuss:

- **What are some of the key things you have learnt from the book of Philippians and our discussions about joy this term? Have there been any particular challenges that have come up?**
- **How have you known or experienced God at work in your own life this term, particularly in relation to joy?**
- **Have you noticed or made any intentional changes to the way that you live, in light of these things? Try to think not only about your actions, but also your mindset, your reactions, your choices, your relationships, your worship and prayer life.**

J O Y T O T H E W O R L D

Discuss:

What opportunities are there for you to share the joy of Jesus with others this Christmas time?

Are there people you could invite to Christmas services, or to Alpha next term?

A C T I V I T Y

Write some Christmas cards to give to a neighbour or someone who needs to be encouraged by joy at this time.

PRAY TO END

Spend some time praying thanks for how God has already been working, and for the ways in which people would still like to see growth. Pray for people you know who need to experience God's Joy.

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. God, thank you for giving me constant access to your presence. Because you are always with me, I can experience true joy at all times. Although the joy you give isn't based on my circumstances, I don't always live a life marked by joy. Too often, instead of trusting you, I let my problems dictate my reactions. Please forgive me. Fill me with your joy and peace, so that by the power of your Holy Spirit, I may abound in hope at all times. Help me to live a life marked by undefeatable joy. In Jesus' name, Amen.

