

Joy Ride - Week 4

Philippians 4

Ice Breaker: What are your top three things that bring you joy?

1. What insight, principles or observations did you take away from this Sunday's message?

Philippians 4: Read aloud through Philippians 4

How will we live? - our choices form our character over time

2. How have you seen your choices in attitude or focus affect your life or circumstances?

Philippians 4:1 – *Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!*

3. What is Paul wanting them to do as they “stand firm in the Lord in this way?” (Philippians 3:13b)

Philippians 3:13b – *but one thing I do: Forgetting what is behind and stressing toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

Philippians 4:2-3 – *I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.*

4. What does it mean to be of the “same mind in the Lord?” How does knowing God’s word help maintain unity among believers? (Romans 15:4-6)

Romans 15:4-6 – *For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope. 5 May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, 6 so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.*

5. What can we do to be of the “same mind in the Lord” at Sun Grove?

6. How does seeking unity differ when discussing doctrinal (from God) issues versus preferential (man) issues? Remember Pastor Brian last week saying “Selflessness is not thinking less of oneself but thinking of oneself less. (Ephesians 4:13-15, James 1:27)

Ephesians 4:13-15: *until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. 14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.*

James 1:27 – *Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep **oneself** from being polluted by the world.*

From the sermon – Paul is giving us a plan for our spiritual growth and a plan for unity. Paul invites us to make formational **choices** in the midst of challenging circumstances.

Choice #1 - Rejoicing in the Lord always

Philippians 4:4 - *Rejoice in the Lord always. I will say it again: Rejoice!*

7. Why does Paul think we can rejoice in the Lord even when (earthly) circumstances can be unbearable? (John 16:22; James 1:2-4)

John 16:22 *So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your **joy**.*

James 1:2-4 *Consider it pure joy, my brothers and sisters, [[a](#)] whenever you face trials of many kinds, **3** because you know that the testing of your faith produces perseverance. **4** Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

8. What practices can we employ so that we can rejoice in the Lord always? (Colossians 3:2-4)

Colossians 3:2-4 *Set your minds on things above, not on earthly things. **3** For you died, and your life is now hidden with Christ in God. **4** When Christ, who is your [[a](#)] life, appears, then you also will appear with him in glory.*

Choice #2 - Choosing to be gentle with everyone

Philippians 4:5 *Let your gentleness be evident to all. The Lord is near.*

9. How could being gentle with everyone benefit both them and those observing you? (I Tim. 4:12)

1 Timothy 4:12 *Don't let anyone look down on you because you are young, but set an **example** for the believers in speech, in conduct, in love, in faith and in purity.*

10. How could being gentle with everyone benefit your walk with Christ?
(Matthew 7:1,2)

Matthew 7:1-2 *“Do not judge, or you too will be judged. 2 For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.*

Choice #3 - Giving your anxiety to God through prayer

Philippians 4:6-7 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

From the sermon: Choosing prayer when we are anxious or worried can truly change how we process worry and anxiety.

11. Why do we suffer from anxiety and worry? (Matthew 5:25,26)

Matthew 6:25-26 *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more **than** clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

12. What could we do to relieve ourselves of this burden?

13. What is our reward for giving our burdens to God? Why is it worth the effort?
(vs. 7)

Choice #4 - Setting our minds on praiseworthy things

Philippians 4:8-9 *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

14. Why is it important to spend our time thinking about these things? (Romans 8:5,6)

Romans 8:5-6 *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

15. Do we sometimes rush to judge others without knowing the whole story? Share an example, if comfortable.

16. How can having the God of Peace with us help us in our everyday relationships?

Challenge - How could your “choices” improve your relationship with God and increase your joy? What choices could you make this week to increase your dependency on God?