

Read Philippians 4v4-7

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

The word rejoice can also be translated as gift or wake up.
How does that change the way you read this verse?

What is Paul inviting us to wake up to? Explore this together

What are the things, circumstances, situations that keep us from rejoicing in Christ?
Or better yet, what keeps you from rejoicing in The Lord?

How would you describe, explain, the kind of Joy that Paul is talking about here in Philippians?

(remember - he's in prison; and his friends are under great pressure from the Roman empire; this joy that Paul is talking about isn't about being happy)

Have you ever experienced this kind of joy?

If so, share with the group how you were able to wake up and discover that joy that Paul is talking about

6 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.

This word 'anxious' comes from the root word 'meris' which means 'parts.' Paul is talking about the inner life of the heart and mind.

When Paul says 'do not be anxious about anything' he is talking more about a state of being.

How does this change the way in which you read this verse? (hint.....a disrupted mental state)

What causes anxiety to rise up inside of you?

What are some things (practices) that you have discovered that have helped you to work through your anxious thoughts?

How exactly does the peace of God guard your hearts and minds in Christ Jesus?

Share with the group how you have experienced this peace

Encourage one another

Pray for one another

Homework for the week

Pick one person in your growth group and commit to praying for them everyday for the rest of this month

God is at work and guess what? We all get to participate!

Rejoice, Rejoice, Gift, Gift, Wake Up, Wake Up!

Note

If you need any prayer, a listening ear, counseling, a friend, spiritual direction, please give me a call. I am enjoying being your pastor and I want to help you in anyway that I can.

Pastor Jon

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