

INVINCIBLE JOY

Group Guide:
Week 5

CONNECT BREAK THE ICE AND GET PEOPLE TALKING

- Do you experience anxiety? What does it look like in your life?
- What do you find yourself thinking about most?
- Discipleship Check-In

INTRODUCTION

This week we are wrapping up our series in Philippians. Each passage in this book is drenched in joy and not just any joy, but invincible joy. This week's passage is no different. Paul is going to show us how he finds joy in every no matter his circumstances. It is not by having control in every situation, but by allowing Jesus to give us self control. When we experience the gift of self control that comes from Christ it leads to contentment. Pray that God would help you to understand and experience this contentment that Paul talks about.

READ & DISCUSS

READ: Philippians 4:2-7

DISCUSS: In verses 6-7, Paul encourages us to pray when we are anxious so you will experience the peace of God. Why do you think prayer leads to peace?

READ: Philippians 4:8-9

DISCUSS: In these verses, Paul says we need to think and also practice holy things. How do you think thinking about commendable things leads to holy practice?

READ: Philippians 4:10-23

DISCUSS: How do you think Paul has learned to be content in all situations? (V. 11)

REFLECT & APPLY

DISCUSS: How can you find contentment in Christ in every situation? What spiritual practices stir up contentment in Christ for you?

*For example - prayer, thanksgiving, rejoicing in the Lord, and thinking about honorable things.

PRAY

Praise the Father who is the source of our joy and contentment. Praise Jesus that he is the one who gives us access to the Father. Praise the Holy Spirit who gives us the strength to find contentment in all situations. Pray that we would find more joy and contentment in all of our lives.

****Leader's Note**** - For the next couple weeks we will be doing something different with the group guides. They will be a little more bare bones and that is because we want groups to be seeing and experiencing the Scriptures for themselves. We want to create group guides that help everyone learn to read, understand, and apply Scripture for themselves. Please feel free to offer any feedback that you have about the new structure as we would love to know if you feel like it is helpful or not.

Discipleship Check-In

- Have you prayed and read your Bible consistently the past week?
- Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?