

Talk It Over – Choose Joy

Questions are prepared each week and are designed to prompt insights, questions, and the life experience of each listener. If these are used immediately following the sermon, it would be much the same as what was done in Israel at the time of the early church.

Warm Up

Describe a piece of art, regardless of medium (painting, poetry, music, video), that has had an impact on you. What about it means so much to you, and how do you feel when you experience it?

Read

Philippians 1:9-10

Philippians 4:4-9

Discuss

1. In chapter 1 verse 10, the phrase can be read, “to discern what really matters.” Why do you think it’s difficult to discern in life “what really matters”?
2. Discuss how our faith begins to shift our perspective on “what really matters.”
3. Both Jesus (Matthew 5) and Paul, here in Philippians 4, teach their audience to “not worry” in life. Why do you think this is a prominent teaching and how do you believe prayer impacts worry?
4. How does “rejoicing,” “choosing joy,” or “finding joy within something” change our perspective on the matters of our mind?
5. Remember the piece of art you described ... Paul is encouraging his audience to think differently about things. Read again, as a group, verse 8, and discuss where we can find these qualities in our everyday living.



Wrap Up:

Spend time in prayer together.