

Text: Philippians 4:1-19

Outline

Fives signs of joy:

1. A passion for unity and reconciliation.
2. Turning to God with your problems.
3. Controlling your thoughts and actions.
4. Finding contentment in all things.
5. Being generous in spite of losses.

Going Deeper: Use the following questions for personal reflection and/or to discuss with your family, friends or small group.

1. On a scale from 1 to 10, how would you rate your joy factor (10 being most joyful).
2. What contributes to your score?
3. Do you exhibit any of the five signs of joy mentioned? If so, which ones? Give examples.
4. Do you see a correlation between the five signs? How might they be interrelated?
5. What is necessary for God's peace to guard your heart and mind?
6. Think through each sign. What are some current examples from your life that you can address. For example; are there relationships that you can help reconcile? Are there problems you are facing that you need to bring to God?
7. Read Philippians 4:19. How do people often take this verse out of context? What is the context that makes this promise valid?
8. What are steps you can take right now to show generosity even during this time of hardship?