



Key References:

2 Corinthians 10:5–6 (ESV) – We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, ⁶being ready to punish every disobedience, when your obedience is complete.

Philippians 4:4–9 (ESV) – Rejoice in the Lord always; again I will say, rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Galatians 3:1 (ESV) – O foolish Galatians! Who has bewitched you?

The Apostles Creed: I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

1 – CHOOSING JOY

Are you a person who has an easy time being joyful? When you are in a joyful season in life what good things come from that?

Are joy and happiness the same thing? Philippians is often called the “Epistle of Joy.” **How could this be true if Paul was stuck in prison?**

On Sunday Wes commented: “*Imagine if we only give God rejoicing when things are good. That's not rejoicing. That's just responding. That's reacting.*” **What do you think about this quote?**

How is rejoicing a Christian practice that we need to “choose” to do? How can you grow in rejoicing. Do you have a testimony of this?

2 – REJOICING IN REASONABLENESS

Read Philippians 4:4-9. **Why does Paul put together “rejoicing” and “reasonableness?”** Wes explained how the promise of an upcoming fly-fishing trip makes him more reasonable to be around. **How did he use this an example to explain the scripture? What is the fruit of a rejoicing Christian to the people around them?**

Then the scripture immediately says, “*The Lord is at hand.*” **For what purpose does Paul say this? What is the purpose of our reasonableness? Why did Wes read the Apostles Creed here?**

3 – DEALING WITH ANXIETY GOD’S WAY

When Wes then introduced the topic of anxiety what stood out to you?

Read again Philippians 4:6-7. Dealing with the problem of anxiety is a big issue in the world today. **How does this passage teach us how to deal with anxiety? Is anxiety growing in your life? What is the root fear? How can God eventually use your restoration for his Kingdom to reach others?**

Wes landed with these four application points. **Discuss at length how you can step into these and start applying them in your walk.**

- 1 – Rejoice your way into a joyful heart
- 2 – Remember the Lord is a hand
- 3 – Start every moment with God in thankfulness
- 4 – Receive the peace of God

Finally read Philippians 4:8-9. **How does this edification reinforce what we have discussed today and give us hope?**