

Joy Challenge Week 4: Read Philippians 4

Icebreaker

Share about a time when you followed the rules too closely and it stole your joy.

Discuss

What worries you the most? How different would your life be if you could banish your worries and focus on positive things?

Does the command “do not be anxious about anything” feel like a total impossibility to you? Why do you think people like you and me are so prone to worry and anxiety?

How does growing closer to God take away worry and anxiety?

Some conflicts are inevitable, but how can we as Christians develop postures of peace?

Why does receiving help from others fill you and the helper with joy?

Action Step: List the things that cause the most worry and anxiety in your life. Pray over that list whenever you are anxious for the Lord to bring peace over those worries.