



Sermon Discussion Guide

March 14, 2021



Gather

... with your family

... with friends or your 3G Group on a Phone Conference or video call
(eg. Zoom, Hangouts, House Party, Facebook Watch Party)



Grow

Processing today's message...

- **Aha!** – What did you learn? What challenged you?
- **Uh-oh!** – What concerns did it raise?
- **Hmmm!** – What do you need to think about some more?
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Dig a little deeper...

1. Read Philippians 4:4-7. What word or phrase most stands out to you?
2. V. 4 Why does Paul suggest “rejoicing always” as a solution to discouragement and doubt? What difference does it make?
3. V. 5 – How does “Your gentleness or graciousness” help with the problem of division and polarization in our lives?
4. Vv. 6-7 – What specifically does Paul teach us to do to overcome Anxiety?
5. Jesus gives us the best teaching on how to overcome worry in his Sermon On The Mount. Read Matthew 6:25-34... According to Jesus, why should we not worry? Be specific.



Go – How can you BLESS your neighbor this week?

- Begin with Prayer
- Listen
- Eat
- Serve
- Share Your Story

Combating Joy Killers

How to Experience a More Joy-filled Life

Philippians 4:1-7

What is the Biggest Joy Killer in your life right now? _____

How to Combat Some of Life's Biggest Joy Killers

1. Relational Conflict. (vv. 1-3)

The Solution: Resolve it! Paul's Teaching on Resolving Conflict:

2. The Big D's. (v. 4)

The Solution: Rejoice? (v. 4)

3. Division and Polarization (v. 5)

The Solution: Your Gentleness (graciousness)

4. Worry/Anxiety/Stress. (vv. 4-6)

Worry = Imagining the Future in a terrible way (Meditating on the negative).

The Solution: Prayer (vv. 6-7)

The Process...

- 1) Don't be Anxious about anything.
- 2) Pray
- 3) With Thanksgiving
- 4) Release worries to God.
- 5) Receive His Peace.