

UPCOMING EVENTS:

DISCOVER WESTBRIDGE - OCTOBER 4TH

Want to learn how to get connected here at Westbridge Church. DISCOVER Westbridge is it! Sunday, October 4th @ 4pm. Join us for one hour as we explore who we are and how you can be part of it!

HIGH SCHOOL RETREAT - OCTOBER 15TH-18TH

High School Students! Don't miss the fall retreat! We will be going to Camp Castaway for the WKND. This is on MEA Weekend. Registration open now! Click the QR code for details and to register!



PERSONAL NOTES:

LIFE GROUPS:

CHECK OUT A LIFE GROUP!

LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.

Browse all the Life Groups option in the Westbridge Church App and sign up today!

Let us know if you have ANY questions!



MESSAGE NOTES

JOYRIDE // Week 1

*** Background of Paul's letter to the Philippians can be read in Acts chapter 16. ***

What motivates us in the middle is _____.

This letter is from Paul and Timothy, slaves of Christ Jesus. I am writing to all of God's holy people in Philippi who belong to Christ Jesus, including the church leaders and deacons. May God our Father and the Lord Jesus Christ give you grace and peace.

Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favor of God, both in my imprisonment and in defending and confirming the truth of the Good News. God knows how much I love you and long for you with the tender compassion of Christ Jesus.

*I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. May you always be filled with the fruit of your salvation - the righteous character produced in your life by Jesus Christ - for this will bring much glory and praise to God. **Philippians 1:1-11***

3 lessons from Paul:

1. Gratitude is a PRACTICE, not a feeling.
2. Gratitude looks backward to move FORWARD.
3. Gratitude prays for MORE, not maintenance.

3 simple practices:

1. Express your gratitude OUT LOUD.
2. Interrupt your AUTOPILOT.
3. Pray for more, not just SURVIVAL.

LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

Oct 1st / 4th, 2026

1

WARM UP

1. What's your road trip personality: the planner, the snack provider, the driver, or the music DJ? Share a memorable road trip moment with your Group.

2. What is something ordinary you've become especially thankful for as you've gotten older?

2

KNOW IT

1. Read **Philippians 1:1-8**. What stands out about the way Paul begins this letter, knowing he is writing from prison? What is his focus?

2. Read verse 6 again. Who began the good work, who continues it, and when will it be completed? How does this promise encourage one who feels spiritually stuck or discouraged?

3. Read **Philippians 1:9-11**. What specifically does Paul ask God to grow in the Philippians? How does this prayer help us understand what it means to pray for "more" - to be expectant and not settle.

4. Read **1 Thessalonians 5:16-18**. What is the difference between being thankful **for** everything that happens and giving thanks **in** all circumstances? How can we practice gratitude while remaining honest about our pain?

3

SHARE IT

1. All of life happens in "the middle". Where do you feel that most right now? (Relationships, parenting, work, faith, grief, or another area?)

2. *"Gratitude is a practice, not a feeling."* How does that statement challenge the way you normally approach thankfulness? What makes that difficult when you're emotional?

3. Looking back, where can you see God's faithfulness in your story? How does remembering that help you face something that is still unresolved?

4

LIVE IT

1. Think about someone you tend to see through the lens of frustration. How can you express your gratitude for them instead? Try to identify ONE specific thing you do appreciate about them, and thank them out loud this week!

2. Choose one daily moment - morning coffee, commute, lunch break, or bedtime - to pause and name three things you're grateful for. What reminder will help you do it?

3. Where have your prayers become mostly about "getting through"? Name one area where you want God to grow your love, discernment, or character this week.