



Title: JOY IN GENTLENESS

Main Scripture: Philippians 4:4-5

The mandate (v 4)

(Hab 3:17-18)

The mark (v 5a)

(Eph 4:2)

The motive (v 5b)

(Phil 3:20, Ps 145:18)

Joy in Gentleness – Philippians 4:4-5

April 27-28, 2024

Small Group Sermon Study



Prayer: Jesus, thank You for this time we have together. Thank You for Your word and how it can change and transform our lives. Lead us in our conversation, speak to our hearts as we learn and share with each other. We pray that we will edify one another and that You will be glorified during this time. Amen.

Read Philippians 4:4-5 together. From these verses and sermon notes from Pastor Bill’s message, talk about the following questions:

1. Pastor Bill said that when Paul encouraged the Philippians to have joy or rejoice, it wasn’t about seeking happiness because that’s not what joy is. Joy is different from happiness. Joy is an attitude. It’s an approach to life rather than a reaction to life.
 - a. How does the world around us describe joy?
 - b. What do you think about when you hear the word joy?
 - c. Read the following passages: Philippians 1:12-14 / 1:15-18 / 1:18b-26 / 4:2-4
 - d. How many times do you read the words joy or rejoice? Where does their joy come from?
2. Paul says, “Rejoice in the Lord always, I will say it again: Rejoice!” That sounds easier said than done.
 - a. Have you ever experienced a time when things around you were difficult but you were able to experience joy through it? What did that look like in your life?
 - b. Or maybe you watched someone walk through a difficult season and you saw them walking in joy. How did this encourage you?

When we discover joy, we find that it frees us from the fixation we can have on ourselves and our circumstances. Pastor Bill says a mark of joy is gentleness.

3. Read the story of Paul and Silas’ imprisonment in Acts 16:22-36.
 - a. As you read these verses, how did these men experience joy through their suffering? What thoughts or feelings were evoked in you? How was their gentleness displayed?
 - b. Have you been in a position where you either experienced or showed “undeserved” gentleness?
 - c. “The Lord is near” should be the motive for our gentleness. What should our actions and our words, towards others, be like in light of this statement?

Let’s finish our time together by reflecting on Philippians 2:5-8. Read the passage together and take some time to discuss the profound nature of what He did for us.

Personal Reflection: Humility, gentleness, patience, and loving difficult people are personal qualities that can be found anywhere – but they should especially be found in God’s people. Do these things characterize your life?

Prayer: Thank You Jesus, that we can rejoice in our circumstances, we can experience joy, and express gentleness. We ask that You would increase our capacity for these things through the power of your Holy Spirit. Amen.