



## INTRODUCTION

## Finding Joy in Uncertain Times—Part 5

These days, we are bombarded with news stories and social media messages related to the pandemic, cyberattacks, global warming, the divided nation, etc., etc. These are certainly troubling and trying times. So how do we find joy when there is so much uncertainty and suffering in the world?

Learn how to remain joyful as we follow the series titled, *Finding Joy in Uncertain Times*. The series will be based upon the New Testament book of Philippians, where we will learn what the Apostle Paul discovered about finding joy despite our circumstances.

## DISCUSSION QUESTIONS

1. What is your relationship with anxiety like? Have you been becoming more / less anxious over the years?
2. In Proverbs 12:15, Solomon says that anxiety weighs a person's heart down; what does being overcome with anxiety do to your physical, mental, emotional, health? Your soul? How does anxiety steal your joy?
3. The secret to joy is being rightly related to God. This starts with the Gospel. We can't have the peace from God if we aren't at peace with God. How might the Gospel impact your anxiety and your joy?
4. Read Philippians 4:4-9. What is the formula that Paul is giving us in the verses to be rightly related to God? Which of these areas is hardest for you? What is one thing you can do to grow in each of these areas?

## APPLICATION

Anxiety is often one of the main thieves of our joy. Proverbs 12:25 says, "Anxiety in a person's heart weighs it down, but a good word cheers it up."

Anxiety has become the norm in our society. But that is not what God intended. His desire for us is not to be overwhelmed by worry and uncertainty, but rather overcome with peace from the knowledge of His love for us.

Once we place our faith in Christ, we are forever a part of God's family. Early 20th century author Oswald Chambers said the secret to joy is being rightly related to God. But how are we able to be rightly related to God? Right praying, right thinking and right living.

Paul describes these three things in Philippians 4:6-9:

"6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus. 8 Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things. 9 Do what you have learned and received and heard and seen in me, and the God of peace will be with you."

When we have right praying, right thinking and right living, Paul says we will have the peace of God, and the God of peace will be with us. We will be rightly related to Him, and He will give us peace that surpasses all understanding that will cover our worry.

If you're facing something you don't know what to do with — anxiety, depression, uncertainty — run to the Father. Turn from your worry, and run to the Father. There, you will find joy, and a peace that surpasses understanding.

## KEY VERSES (CSB)

Proverbs 12:25  
Philippians 4:1-9

1 Peter 5:6-8  
Matthew 11:28-30

Romans 12:1-2  
Isaiah 32:17

Psalms 1:6