

Joy Busters--Philippians 4
Life Group Questions July 1, 2018

1. We discovered that God wants us to live joyful lives as his children. That may be easy to do when we are in a relatively positive season of life. But God wants us to experience joy even in difficult times. Have you experienced joy in spite of being in a stressful or difficult time? Share your experience.
2. Euodia and Synteché had some kind of falling out which was not resolved (Phil 4:2-3). This resulted in a lack of joy and could negatively affect the whole church. Can you recall a time when you lacked joy because of a broken relationship? What was that experience like? How was it resolved, if it was? What about a time when you resolved a troubled relationship? What did that do for you? Is there a relationship currently in your life that needs to be resolved? What instruction do we receive from Jesus in Matthew 18:15-17?
3. What we think is a primary influencer on our attitudes, moods, behaviors and actions. Some of us may believe that our thought life is out of our control. Paul says that we are to take our thoughts captive and that we can choose to think thoughts that are edifying and uplifting and produce joy. Read Philippians 4:8. Which of these characteristics of our thought lives is most challenging for you? How can you challenge unbiblical thoughts?
4. Paul found that being content in any and every situation produced joy in his life. He has experienced both luxury and deep deprivation and has learned the secret of contentment (Phil 4:10-13). How have you experienced contentment in both plenty and in need? Are you currently in a situation that is challenging? What would it take for you to be content in either situation? In Philippians 4:13-19 what things helped Paul to achieve joy?
5. What joy thief is most problematic for you from this message? Unresolved relational conflict? A self-promoting attitude? Anxiety? An uncontrolled thought life? Discontentment? What can you do to have victory in this area?